

AL12.1985-274



LET'S PLAY GAMES



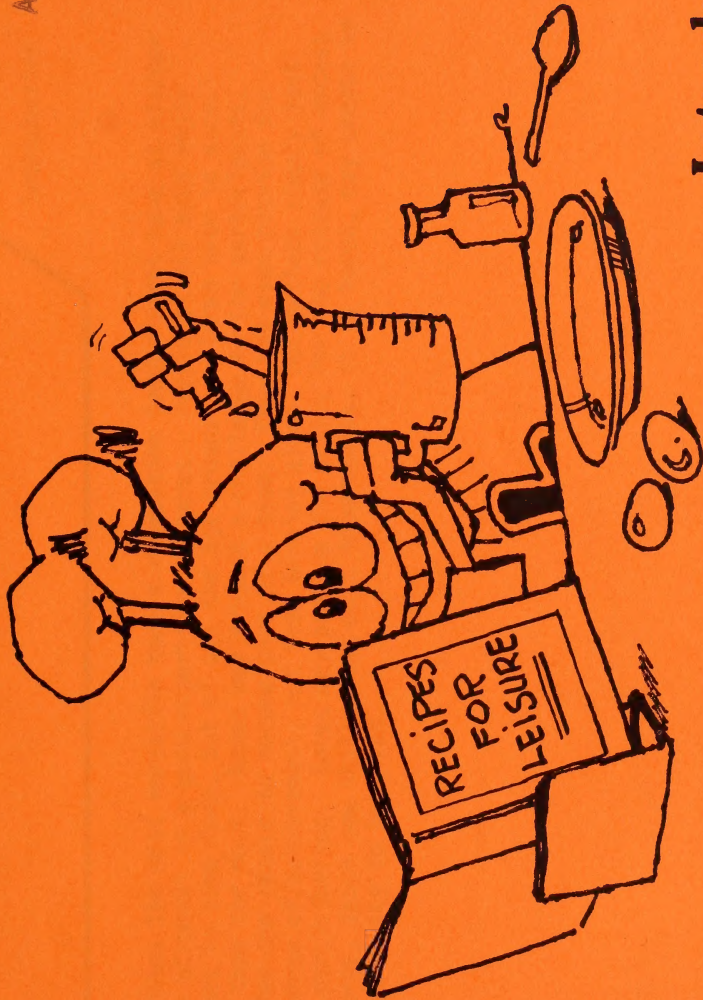
DDN5336118



CANADIANA

C-2

APR 18 1985



Introduction

Introduction

Perhaps the most versatile tool a recreation leader might have at his/her own disposal is a good repertoire of games. People of all ages enjoy games in some form, but of all the age groups, children seem to excel at them the most. Games may present a challenge to the participants, offer the chance to become part of a team. They may even provide for a sense of achievement, not from winning alone, but perhaps simply just by participating. Games may provide the outlet for the release of excess energy, teach new skills, but most importantly, it is hoped, may create an opportunity to have fun.

The success of a game correlates highly with the degree of playfulness inherent within it. There are a number of reasons why this element of play is so important.

Through the activity of play, children learn about life, develop individuality and personality, and test out interpersonal relationships with others. Play is a necessary process of socialization into our culture and all other cultures as well. Play is feeling, learning, exercise, mental stimulation, very creative.

Play is perhaps. . .
the most complete of all educational
processes for it influences the intellect,
the emotion, and the body of the child.

(Play Resource Manual; 1.1.1.)

Through games, play is made possible for everyone. Games, in essence, put order and structure into play, but should not do so to the point where a child's natural and spontaneous reactions to situations are not allowed to come forth. By putting some organization into play, ie. games, adults may ensure that a variety of play experiences will be encountered by the child.

(Con't.)

Philosophy of Games and Play (con't.)

The leader should always keep in mind that the greatest growth from play a child can receive occurs when an adult serves only as a catalyst, making it possible for the play experience to occur, yet at the same time allowing the children to determine its nature.

Some of the elements which contribute to a totally effective play experience include:

1. A safe, creative place in which it may occur.
2. Variety in environment, activity, and playmates.
3. Encouragement, recognition, and guidance from a leader when needed.
4. Freedom to grow at an individual pace.
5. Leadership from a concerned and aware adult.

Competition, in Play?

Unfortunately, much to the detriment of games, has been the emphasis of competition over other aspects of play activities. Consequently, games suddenly grew into situations where children could become rejected, chosen last or left out, and many times, intentionally or unintentionally hurt. Games no longer incorporate the original elements of fun and play but rather, winning as the ultimate end or goal.

Competitive games often lead to the possibility of failure in play, as well as the situation where children end up playing against another rather than with another. Where and how the somewhat familiar adage "Competition is healthy" came about, at least with regard to some of the philosophies of play, must surely be one of the great mysteries of our time.

What this discussion comes down to is essentially not so much a negative perspective on competition, but perhaps a necessary look at why our society feels that winning is so important.

(Con't.)

Competition, in Play? (con't.)

Competition, in itself, has many valuable elements. It may teach children: persistence, discipline, the advantages of teamwork, and an appreciation of skill development that may potentially lead to excellence. The games presented in this manual, however, are not recommended solely for the elite athlete, but for any one at any age. Games for all need not and should not have to incorporate the competitive spirit in order to be played. Children growing up believing that they must win at all costs will likely, because of this poor attitude, develop undesirable qualities within their sport and games experiences, which may then carry over to other areas of his/her life.

Where Do We Go
From Here?

This discussion leads to the introduction of a relatively old, but perhaps forgotten approach to playing games, cooperation. In cooperative games, everyone wins and nobody loses. The people involved are as important as the game itself. Children, especially, may derive confidence in themselves and begin to feel like worthy persons as a result of cooperative play.

Some advantages that can be directly seen from this approach to playing games are; the versatility and adaptability of the games, the need for very little equipment at minimal cost, and the limitless range and numbers of persons who may join in on the fun.

An interesting product of repeated exposure to the cooperative games approach is that the need for rules and supervision lessens as the participants learn to account for their own behaviors during the active play period. As well, each player develops an increasing awareness of safety for himself and his fellow playmates.

(Con't.)

Where Do We Go
From Here?
(con't.)

According to Terry Orlick, author of The Cooperative Sports and Games Book, there are essentially four elements which combine to make the cooperative approach so successful:

1. Cooperation

Through cooperative ventures, children learn to share, to empathize with others, to be concerned with others' feelings, and to work to get along better.

2. Acceptance

This relates directly to the development of self-esteem. As each child becomes involved in a cooperative game, he or she becomes partially responsible for the successful outcome of the game.

3. Involvement

Involvement coincides closely to the feelings of belonging, a sense of contribution and satisfaction with an activity. The desire to become involved increases only as the possibility of rejection or humiliation decreases.

(Con't.)

4. Fun

Sharing heightens the fun experience and is the main reason anyone wants to play a game.

Most of the games suggested within this manual are of a cooperative nature, with some small traces of the competitive element as well. It is hoped that no matter what type of game is to be played, those responsible for the leadership role will attempt to do whatever is humanly possible to get all of the participants in the programme involved.

How Good Leaders Present Games

This is a step-by-step process outlining the strategies one should take in presenting a new game activity to a group.

1. Get the attention of the participants. They should be fairly quiet, able to both see and hear you.
2. Name the game about to be played and have the group get into the desired starting formation.
3. Explain and, if needed, demonstrate the game, but do so as briefly as possible.
4. Ask if there are any questions and then answer those that do arise, but be conscious of starting into the game quickly as possible.
5. If the game is complicated, explain or demonstrate smaller components of the game one step at a time, then have the participants run through each step with you.
6. Stop the game whenever necessary, to make the rules clearer or to correct misunderstandings. However if the children are enjoying their adaptation of the game, you may decide to let the inconsistency continue without interrupting, leaving it for discussion at the end of the game.

(Con't.)

7. For everyone's enjoyment, insist on fair play at all times and make no exception to this rule.
8. Try, in every instance, to get as many people involved as possible, adapting your game, if necessary, to fit the number of persons available.
9. Try not to overdo a game. Stop the play while the interest is still moderately high and be aware of introducing a variety of new games to the participants to prevent the same game from being played over and over.
10. Think about the game afterwards; evaluate it. Talk about the activity with the participants to find out if they enjoyed it or if they might have any suggestions about variations.

Now that recreation leaders have been given some basic guidelines on how to present a game, perhaps it might be relevant to mention some ideas to the participants as players of games.

(From: Fair Play Codes)

Considerations for Players of Games

1. Play for the fun of it, not just to please your parents or leader.
2. Play by the rules; it makes it easier on everyone.
3. Control your temper; avoid "mouthing off".
4. Work to play hard for yourself, and if on a team, for the team, too. The more you put into a game, the more you will get out of it.
5. Treat all players as you yourself would like to be treated.
6. Remember that the goals of games are to have fun and feel good. It is great to win, but do not be discouraged if lady luck does not smile on you as often as you would like.
7. Take a risk once in awhile and play games that are new to you. You may discover something you like or even something new about yourself.

"You enjoy the water more, only after you have learned to swim."

AGE CHARACTERISTICS

WHAT ARE CHILDREN REALLY ALL ABOUT?

THIS SECTION OUTLINES A NUMBER OF THE CHARACTERISTICS WHICH TYPICALLY DEFINE THE TYPES OF CHILDREN YOU MAY FIND WITHIN THE AGE CATEGORIES STATED. WHAT IS INCLUDED HERE WILL CERTAINLY NOT APPLY TO EVERY CHILD THAT COMES TO YOUR PARK OR CAMP. THE INFORMATION IS INCLUDED ONLY TO GIVE YOU, THE LEADER, AN IDEA ABOUT THE CLIENTELE YOU ARE ABOUT TO DEVOTE A GREAT DEAL OF YOUR TIME AND ENERGY TO.

Early Childhood

Sweet and Imaginative

(5 - 8 Years)

What They Are Like:

- Their large muscles (trunk, legs, and arms) are more developed than the smaller muscles (hands and feet).
- They like to start things but will not stick with them. They like frequent changes.
- They are individualistic and possessive.
- They are dramatic, imaginative and imitative.
- They like to play with others.
- They are curious.
- They want chances to act on their own and are annoyed at conformity.
- They cannot sit still unless they are busy; they are in perpetual motion.

What They Need:

- To experience many kinds of vigorous activities that involve many parts of the body. Variety is the key to success.
- To engage in many activities of short duration.
- To create and explore; to identify themselves with people and things.
- To respond to rhythmic sounds such as drums, rattles, nursery rhymes, songs, and music.
- To make choices, to help make rules, to share and evaluate group experiences.
- To cooperate in play, to organize some activities on their own.

Early Childhood

What They Should Do:

- Activities such as hanging, running, jumping, climbing, dodging or just throwing.
- Individual activities such as throwing, catching, bouncing, kicking, and climbing.
- Inventive activities such as cowboys, circus, animals, farmers, and storekeepers.
- Manipulate materials such as ropes, ladders, blocks, sand, etc.
- Varied choice of activities with a minimum number of rules.

Middle Childhood

What They Should Do:

- Running, jumping, climbing, and hard play (contact activities).
- Group games and activities such as volleyball, softball, red rover, and folk dancing.
- Self-testing activities such as track, stunts, obstacle courses, team play, etc.
- Help with younger children - given responsibility.

The Trying and Terrific Teens
(12-14 Years)

What They Are Like:

- They experience a period of rapid physical growth which is frequently uneven in various parts of the body. Awkwardness and inability to coordinate movements sometimes occur.
- They not only express an interest in members of their own sex but also start to show a growing interest in the opposite sex. They usually approach the other sex in groups.
- They show a great loyalty to groups such as clubs, gangs, and teams, and there is a keen desire for group acceptance. They fear being different.
- They have a strong desire to be free of adult restrictions and urge to develop individual recognition.
- Their emotions are easily aroused and swayed.
- Their attention span increases with time. They may want to continue in activities beyond fatigue to exhaustion.

- They enjoy organized team sports; they have to excel at something.
- They may be harder to motivate, are extremely moody, and bored with repetition.
- They can be extremely talkative but also like periods of isolated quiet.
- They may be somewhat careless and ungainly at times.

What They Need:

- To develop skill and coordination and to take part in activities that do not call attention to their awkwardness.
- To have co-educational activities in smaller or large groups.
- To belong to various teams and to plan and develop their own groups.
- To take part in activities of their own choosing, to be leaders and captains of groups, to create and modify games, and to evaluate progress.
- To be frequently in situations requiring practice of fair play when winning or losing.

- To learn to earn and to be independent even though they are not motivated to work too hard! They like independent projects with little guidance from a leader.

- To help others and to develop a community consciousness.

REMEMBER - Try not to be shocked by what they say or do.

What They Should Do:

- Skills training in body control in various activities such as batting, throwing, catching and kicking.
- Activities conducted as vigorously as possible with respect to individual reaction.
- Activities such as square, social and creative dance, tennis, volleyball, badminton; where strength is not necessarily important.
- Individual activities such as rope jumping, target throwing, skating, hiking and swimming.

- Participation in a variety of team games.
- Plan their own activities and choose their own leaders.
- Participate in a wide variety of activities involving individual decisions and scoring.
- Take part in self-testing types of activities ie. track, games which are not highly organized.
- Discussion on topics such as love, race, and inter-cultural attitudes.

Information taken from: Recreation Leaders Games Manual
Play Resource Manual

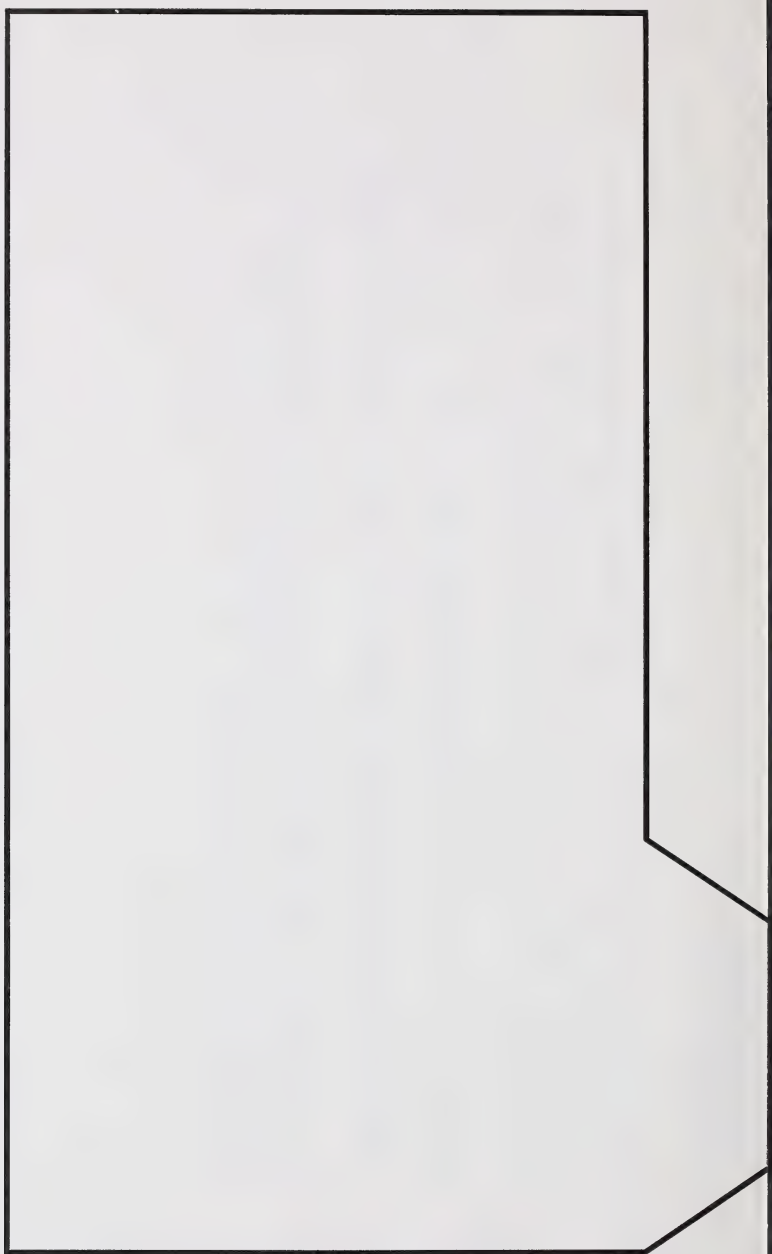
A number listed before or after the types of eggs (children) required for each recipe designates the ideal number of participants who may join in the game. For most of the activities, if no number is listed, a minimum of ten children is needed for the game to run as smoothly as possible.

In addition, the "Special Ingredients" portion refers to any equipment the leader may require to run the game successfully.

It must always be remembered that THE CHILDREN ARE THE PRIMARY INGREDIENTS of any game; everything else is extra.

If at any point, the leader can imagine, or dream up some kind of fantasy or story behind any game in this manual, he/she should use that story in presenting the game. This act greatly increases the interest of the participants in playing the games.

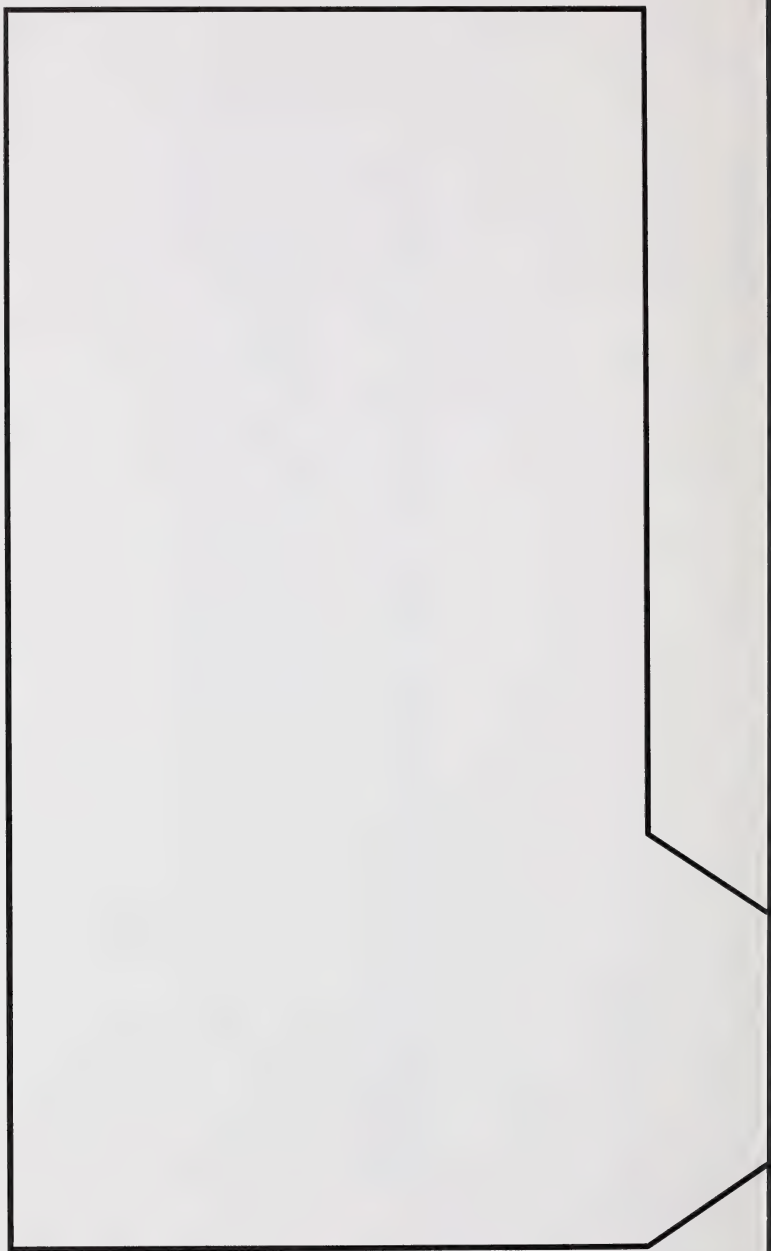
HAPPY COOKING!!!



IMPORTANT REFERENCE

FOR FURTHER CLARITY WITH REGARD TO THE "RECIPES" THAT FOLLOW,
CONSIDER THE FOLLOWING AS BASIC GUIDELINES IN THE PREPARATION
OF SUCCESSFUL GAMES.

SMALL EGGS	:REFERS TO EARLY CHILDHOOD PARTICIPANTS (5 - 8YRS.)
MEDIUM SIZED EGGS	:REFERS TO MIDDLE CHILDHOOD PARTICIPANTS(9 -11YRS.)
GRADE A EGGS	:REFERS TO LATER CHILDHOOD PARTICIPANTS (12-14YRS.)
ALL EGGS	:REFERS TO ACTIVITIES SUITABLE TO EVERYONE



References Used

- Active Games. The City of Toronto, Parks and Recreation, distributed by Canadian Parks/Recreation Association.
- The Cooperative Sports and Games Book, "Challenge without Competition," Terry Orlick, Pantheon Books, New York; 1978.
- Education Through the Games Experience, Michael J. Hardisty, Educational Design and Consultants, Washington; 1972.
- Fair Play Codes for Children in Sport, National Task Force on Children's Play, Canadian Cataloging in Publication Data, Ottawa; 1979.
- Games. Frank W. Harris, New York, Eastern Cooperative Recreation School; 1962.
- Games. Taber Recreation Board, Marilyn Heinrichs, Recreation Department.
- Games For All. A collection of games compiled by the Department of Recreation and Parks, Province of Alberta, Edmonton; 1982.

References Used
(con't.)

Mixers and Ice-breakers. Distributed by, Recreation and Cultural Branch, Department of the Provincial Secretary, Province of Alberta; Edmonton.

The New Games Book. New Games Foundation, edited by: Andrew Fluegelman, A Headlands Press Book, Double Day and Company, Inc., New York; 1976.

Non-Competitive Activities and Play. Bill and Deloris Michaelis, Learning Handbooks, Palo Alto, California; 1977.

Olds Provincial Playground Leaders Course, 1969. Manual distributed to course participants on province-wide play leadership.

Parachute Play. by T.E. Hall, University of Saskatchewan, Regina, Department of Education.

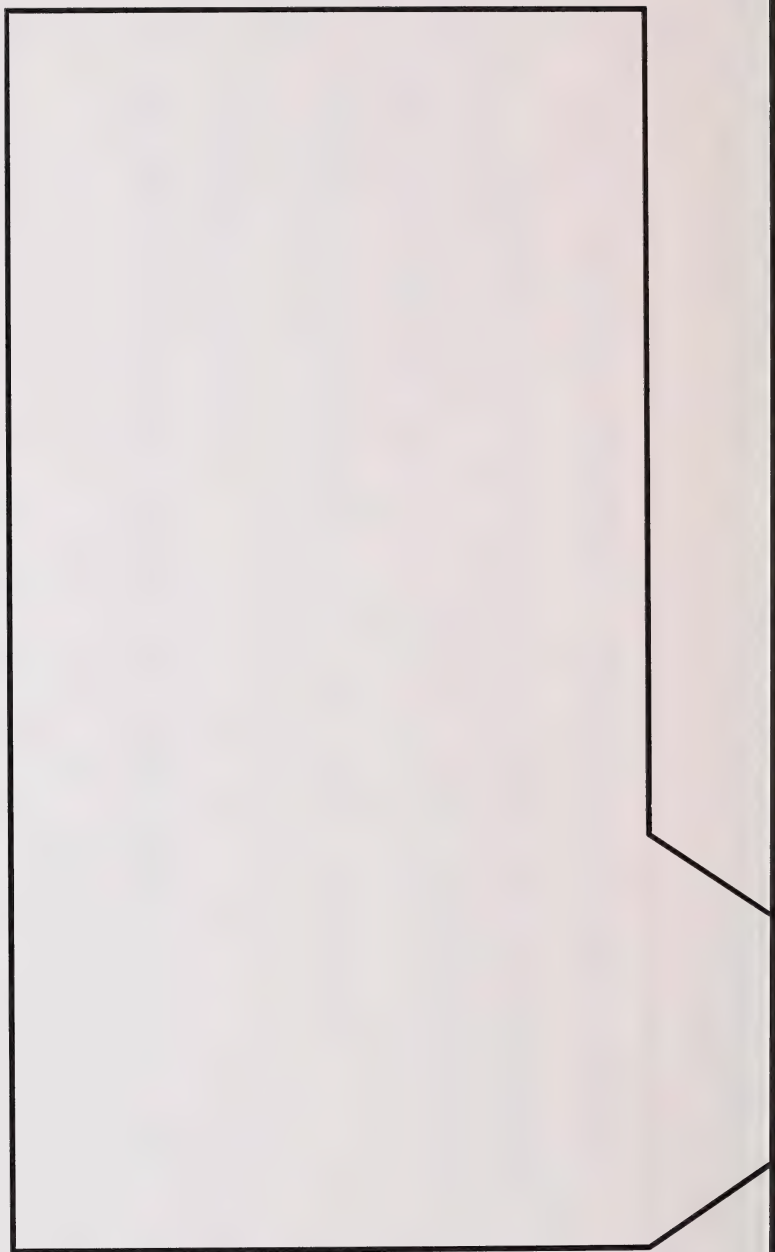
Play Resource Manual. Saskatchewan Parks and Recreation Association Inc. Edited by: Sharon Marshall, Regina, Saskatchewan; 1981.

References Used
(con't.)

Playground Sports and Games Manual. The City of Edmonton, Parks and Recreation; 1971.

Recreation Leaders Games Manual. The City of Calgary, Parks and Recreation, edited by, Bill Robinson, Calgary, Alberta.

Sports and Games Manual. The City of Edmonton, Parks and Recreation.





Traditional Games



Traditional Games

This section is a random but, in a sense, selective collection of popular games that are played in summer and winter games programmes. One will probably find that after reading through this selection, very few of the games will be new, but perhaps simply forgotten, just a remnant of your childhood days.

The reason why they are entitled traditional games is because they have been in existence for a long time. Their popularity denies them their mortality. Do not be hesitant to play games with children that you played as a child. Chances are these games will bring back some good old memories for you and in many instances, you may find that the new generation of "players" has some of its own creative variations to a basic and simple game you once played.

IMPORTANT REFERENCE

FOR FURTHER CLARITY WITH REGARD TO THE "RECIPES" THAT FOLLOW,
CONSIDER THE FOLLOWING AS BASIC GUIDELINES IN THE PREPARATION
OF SUCCESSFUL GAMES.

- SMALL EGGS :REFERS TO EARLY CHILDHOOD PARTICIPANTS (5 - 8YRS.)
- MEDIUM SIZED EGGS :REFERS TO MIDDLE CHILDHOOD PARTICIPANTS(9 -11YRS.)
- GRADE A EGGS :REFERS TO LATER CHILDHOOD PARTICIPANTS (12-14YRS.)
- ALL EGGS :REFERS TO ACTIVITIES SUITABLE TO EVERYONE

Special Considerations

PLEASE NOTE THAT ALL GAMES AND ACTIVITIES PRESENTED IN THIS MANUAL CAN BE ADAPTED TO ACCOMMODATE ANY SPECIAL POPULATION YOU MAY BE WORKING WITH. (Such as: physically & mentally disabled children)

Some quick pointers for leaders who are fortunate enough to work with a special group in a segregated or integrated setting:

1. Games with a lot of rules do not usually go over well; keep instructions as simple as possible.
2. If the children are playing incorrectly but seem to be having a good time, continue the game, modifying the rules to accommodate them.
3. Some games may have to be adapted to fit different age groups and ability levels.
4. Most importantly, adapt the games to what the child can do, not his/her limitations.

Odd or Even

All eggs may be used in this recipe.
Special Ingredients: Peanuts.

Provide each person in the group with a varying number of peanuts to conceal in their hands. The players then approach each other saying "Odd or Even?" If the guess is correct, the guesser gets the peanuts ...if the guess is wrong, the holder gets the guesser's peanuts. The person getting the most peanuts in a specified time is the winner.

Swedish Dodgeball

All eggs may be used in this recipe.

Special Ingredients: 1 playing ball

Two teams - each in its own court. Each team sends a member over to kings' court behind the opponents. A ball is tossed up at centre between two jumpers. The team gaining possession then passes to its king who throws the ball at the opponents, trying to hit them below the waist. They may either dodge the ball or catch it. If hit, or if they fumble the ball, they must leave the court and go over to the kings' court, behind opponents where they may also act as kings to hit opponents. Note that only kings may throw at the opponents. Throwing and dodging is continued until all the members of one team have been sent to kings' court.

Donkey Dodgeball

All eggs may be used in this recipe.

Special Ingredients: 1 playing ball

Players form a large circle with four players in the centre. One of the players in the centre of the circle becomes the head of the donkey and the only one who can use his/her hands to fight off the ball. The others line up behind the head, each with his/her hands on the hips of the person in front of him/her. Player #4 is the tail. The players in the circle try to hit the tail, but the donkey dodges around. When the tail is hit, he loses his/her place and joins the circle. The hitter becomes the head and all others move down a place.

Variation: With a large group, use two donkeys.

New Orleans

Any number of Small to Medium sized eggs.
No special ingredients are needed.

Two goal lines about 60' apart are needed. Divide the group into two teams and have them take their places behind their goal lines. Team #1 secretly decides upon some trade or action it will represent (eg. washing dishes, washing clothes or floors, cars, sport actions, digging a garden, mowing a lawn, painting a fence or house or pictures, etc.) and then approaches team #2 and the following dialogue takes place:

#1 - Here we come.

#2 - Where from?

#1 - New Orleans.

#2 - What's your trade?

#1 - Lemonade.

#2 - How's it made?

Team #1 then acts out the motions of the trade selected and team #2 tries to guess what the action is being acted out. When a member of team #2 guesses correctly, #1 runs for its goal and team #2 chases, tagging as many as it can. Those tagged must then join team #2. Then team #2 selects and #1 guesses.

Caterpillar Over the Mountain

Any number of small eggs may be used.

Special Ingredients: A mountain may consist of a bench, large playblocks, or anything that appeals to the children. Let them create the mountain. (Cover the bench to prevent injury to the children).

Directions:

After constructing the mountain, have the children form the caterpillar by lining up on their hands and knees and have each child hold onto the ankles of the child in front. Four children can create one, sixteen-legged caterpillar which moves around the room and over the mountain. Caterpillars can also coil up or crawl into a cocoon.

Big Snake

Any number of small eggs may be used.
No special ingredients are needed.

Students start by wriggling on their stomachs on the floor like individual snakes, then join into partners with one person grasping the ankles of the person in front. The two-people snake continues to slither around. Children are then asked to join with another pair to make an even longer snake. Usually, no more suggestions than these are needed for someone to think of making a giant snake with everybody included. This is a good closing activity for cooling down or getting the children to slowly head for the door to dismiss.

Variation: Once the snake can move efficiently, it can try to turn over, go over and through obstacles or curl up and sleep.

Grasshopper

Any number of Small to Medium sized eggs.

Special Ingredients: A blanket and a beachball.

Have about eight or ten children arrange themselves standing around the edges of a sturdy blanket. A beachball (grasshopper) is placed in the centre of the blanket and the children try to make it hop without it falling off the blanket and onto the floor. Count how many times they can throw it in the air and catch it again. For added excitement, cut a hole in the centre of the blanket big enough for beachball to pass through. See if the children can get the grasshopper to roll through the hole or jump into the air and come down through the hole.

Squirrel and Nut

Any number of small eggs may be used.

Special Ingredients: Object to act as a nut.

One child is chosen to be "it" and is given a nut to hold. The other children form a circle, sitting on the floor. They extend one hand and close their eyes. "It" tiptoes around the inside of the circle and puts the nut into one of the outstretched hands. The one who receives it jumps up and chases after the other until he catches "it". He/She then becomes "It" and the game proceeds as before. The children open their eyes as the chase begins.

Mouse Trap

Any number of small eggs may be used.
No special ingredients are needed.

The players form two circles, one inside the other. The outside circle becomes the mice, the inside circle becomes the mouse trap. The mouse trap joins hands and raises them. The mice walk in and out of the trap. When the leader calls "Snap!" the mouse trap lowers its arms and all mice caught in the trap become part of the trap. The game continues until all mice are caught.

Flying Dutchman

Any number of small eggs may be used.
No special ingredients are needed.

Players are in a single circle, facing centre, holding hands. Two players are runners. The two runners, hands clasped, run around the outside of the circle. While running, the inside runner tags the joined hands of two circle players. The two tagged players, retaining their clasp, start around the circle in the opposite direction. Both sets of partners attempt to reach the vacant place first. The losing set becomes the runners.

Freddie and the Frogs

Any number of small eggs may be used.
No special ingredients are needed.

One child is asked to be Freddie. All the other children are frogs.
The frogs hop around in the room and when Freddie yells "Frogs," they all squat on their knees, tucking their heads in, and closing their eyes.
Freddie then walks around with his magic cloak and covers someone.

When the signal is given, the other frogs stand up and try to guess which frog is under the magic cloak. (Good game for getting children to know one another.)

Goblins and Fairies

Any number of small eggs may be used.
No special ingredients are needed.

Goblins form a line along one side of the room, and fairies form a line on the opposite wall. Goblins face the wall. On a signal from the leader, the fairies creep up behind the goblins. When they have come about halfway, the leader calls "The fairies are coming!" The fairies turn about and head for home, and the goblins give chase. If they catch any, the children go to the other side. (With five-year olds it is a good idea not to let those creeping up get too close to those facing the wall. The children love this game if they never catch anyone). Fairies take a turn facing the wall.

Boston

Any number of Small to Medium eggs may be used.
No special ingredients are needed.

Players seated in a circle are numbered consecutively. IT calls out two or more numbers. The players having those numbers must jump up and exchange seats; at the same time IT tries to get one of the seats. On the call of "Boston" everyone changes places and IT tries to get an empty chair or space. The player left without a seat is now IT and calls out other numbers.

Fruit Basket

All eggs may be used in this recipe.

Special Ingredients: Hula Hoops

The leader first of all organizes the group into smaller teams, later to be designated as fruit. Each group decides what kind of fruit (or vegetable) it wants to be and then grabs a hula hoop. Once all of the groups have made their decision, they all place their hula hoops in some type of arrangement, similar to that of a fruit basket, and stand inside of the hoop.

Once everyone is standing (or sitting) ready, the leader shouts out the name of one of the fruits. All of the people in that team rush out of the basket and perform the action of their fruit.

i.e.: Oranges: bouncing (hopping)

Bananas: rolling

Grapes: bunched together

Apples: motion like climbing a tree

(Con't.)

Fruit Basket
(con't.)

Variation: Have only one fruit basket for the whole group. When the leader calls out a fruit, all the children must run out to do the actions, then as quickly as they can, run back to the fruit basket.

Snatch the Club

All eggs may be used in this recipe.

Special Ingredients: Any object that can be used as an Indian Club.

Players form two equal lines across the playing area. The lines should be about thirty to fifty feet apart and should be facing each other. Players in each line number consecutively from the right. The club should be placed midway between the two lines.

The instructor calls out a number. The player from each team who has that number runs to the club, attempts to snatch it, and runs back to his/her team with it before the other player can tag him/her. If one player gets to the club before the other, he does not have to wait but can snatch the club and run back with it to his/her team. If both players get to the club at the same time, they can circle around, feign at snatching the club until they think they can get away with it; and then make the attempt.

(Con't.)

Snatch the Club (con't.)

Each team should keep its own score as follows:

- 1) If a player succeeds in bringing the club back, his/her team scores a point.
- 2) If a player stops his/her opponent from getting away with the club, his/her team scores one point.
- 3) In the case of either 1 or 2, the other team scores zero.
- 4) "Game" can be determined either by a fixed numerical score, such as fifteen or twenty-one points, or by setting a time limit of five or ten minutes and declaring that the team getting the most points in that time is the winner.

Push'em Into Balance

All eggs may be used in this recipe.
No special ingredients are needed.

Two partners face each other, place the palms of their hands together, and take one step (or several steps) backward so that they are leaning on each other to maintain balance. Then, in unison, they attempt to push each other back into balance (that is, back up into standing position) without moving their feet. The maneuver resembles a standing or leaning push-up done on a mirror, if you can visualize that. You have to be careful that your feet are secure on the floor so you don't slip.

Some children like to begin this game on their knees (rebounding while kneeling), gradually moving farther and farther apart and rebounding back up to an upright position on their knees. They can also try to come to a standing position from their knees by leaning into each other and pushing up from there.

(Con't.)

Push'em Into Balance
(con't.)

As an additional challenge they can try Partner-Back-up Twirl. Players begin seated back to back, with their knees bent. By pushing against each other's back, they come about halfway up to a stand, and then, still leaning on each other to maintain balance, they rotate, turn, or roll around to a leaning front-to-front position ready for a series of standing rebounds. For those particularly "well-balanced", many of these feats can be attempted atop a bench or balance beam.

Doggie, Your
Bone is Gone

Any number of small eggs may be used.

Special Ingredients: Any object that can be used as a bone.

Children sit in a circle. One child is the dog in the middle of the circle. The leader puts the bone behind the dog. The dog hides his/her eyes. The leader points to one child who quietly sneaks the bone away. All the children hide their hands behind their back and chant. The dog then has three guesses to find who took his/her bone. If he guesses, he/she remains the dog. If not, the person who took the bone becomes the dog. (Chant: Doggie, Your Bone is Gone!)

Nursery Rhyme Action

All eggs may be used in this recipe.
No special ingredients are needed.

This activity consists of two major parts. The first part requires the teaching of the different nursery rhymes to the children. Once the children have begun to grasp the words, begin teaching different actions to each line of the nursery rhyme.

The leaders should encourage the children to come up with as many of their own actions as they can.

Example:

Hey diddle diddle

The cat (all meow) and the fiddle (all play a violin).

The cow (all moo) jumped over the moon.

The little dog (all bark) laughed to see such a sight

and the dish ran away with the spoon.

Ohh - Ahh
(also called Zoom)

Any Medium to Grade A eggs may be used.
No special ingredients are needed.

Objective: To keep a combination sound-gesture going around in a circle;
to promote concentration, high mental energy and increased
attention span.

Any number of children over 10 can play. Start with everyone standing (or seated) in a circle, holding hands. Give a quick squeeze to the hand of the child on your right. Have that child pass the squeeze along to the child on his/her right; before you know it, you'll have your original squeeze back again, in your left hand.

Keep passing the squeeze until it is traveling smoothly around the circle. Now speed up the action a bit and add sounds. Squeeze and say "ohh", and have the children do the same. Next add "ahh", but send it in the opposite direction. Someone is going to get zapped between the "ohh" and the "ahh". The sounds can be sent with a deft exchange.

(Con't.)

Ohh - Ahh
(con't.)

Now try reversing the flow. When someone gives you an "ohh", pass it back to him/her. When both "ohh" and "ahh" are traveling in the same direction, you can play tag, one trying to catch the other.

After the above games have been mastered, try transforming a sound-gesture by adding another action or changing a sound. Try it while sitting rather than standing, starting slowly and gradually increasing the speed and complexity. Try "zoom" in one direction and "beep" in the other.

Hare and Hounds

All eggs may be included in this recipe.

Special Ingredients: Bio-degradeable substance to use for a scent trail

Have the players divide with two or three acting as hares, the rest (a larger number) being the hounds. The hares are allowed a certain time for a headstart and leave the goal with plenty of small scraps of bread (or some other non-littering material) which they scatter at intervals as "scent". As soon as they are out of sight, they begin laying this trail, and it is their task to keep well ahead of the hounds, leaving a clearly marked trail, yet confusing their pursuers in any legitimate way.

After the given time has elapsed, the hounds set out after the hares, all endeavoring to find the "scent" as rapidly as possible and to gain on the lead given the hares.

(Con't.)

Hare and Hounds (con't.)

Sometimes the hares endeavor to work back to "home"; in other cases, another definite territory is set which they must reach to be safe.

The hares should keep out of sight of the hounds and if a hound sights a hare, the whole pack may give chase without regard to "scent". If, however, the hares throw the hounds off the track, the hares must begin again to mark their trail.

If a hound catches a hare before the goal is reached, the hounds win; if the hares all arrive safely, they win. The hares must keep within hailing distance, as no hare is safe till all are. Hounds should also travel in a fairly compact group. If some become separated in searching for a hidden trail, a "halloo" should be given to reunite the pack when it is found.

Blindfold Soccer

Any number of Medium to Grade A eggs

Special Ingredients: Blindfolds for half the children
two slightly deflated soccer, volley, or basketballs

Objective: Each team tries to kick the ball past the end zone as many times as possible.

Procedure: Divide the children into two teams. Each team then divides into pairs. One member of each pair is blindfolded.

The game starts when the referee throws or kicks both balls into the middle of a soccer or football field.

Rules:

1. Only the blindfolded member may kick the ball; the sighted member can only offer verbal directions to his/her partner.

(Con't.)

Blindfold Soccer (con't.)

2. Members of the pairs are not allowed to deliberately touch one another. Normal game contact is okay as long as the touching is not of a directional type (i.e. pushing a blindfolded participant toward the ball).
3. There are no goalies.
4. If a ball is kicked out of bounds, the referee will throw the ball into the middle of the field.
5. Whatever additional rules are needed are up to the referee.
6. In pursuit of cardiovascular efficiency, there are no time outs.

Fox and Geese

Any number of Small to Medium sized eggs.
No special ingredients are needed.

One player is selected to be the "fox" and another the "gander". The remaining players, who are the "geese", stand single file behind the gander. Each places his hand on the shoulder of the person in front of him.

The gander tries to protect his flock of geese from being caught by the fox. To do this, he spreads out his arms and dodges around in any manner he sees fit to discourage the efforts of the fox. Only the last goose in the line may be tagged by the fox. If the line is very long, the last five or ten players (determined by the group) may be tagged. The geese will cooperate by doubling and redoubling their line, thus preventing the fox from tagging the last goose. Should the fox tag the last goose (or one of the last five or ten geese), that goose becomes the fox and the fox becomes the gander.

Fish Catch

Any number of Small to Medium sized eggs.
No special ingredients are needed.

Players divide into two teams, "fish" and "net". Each team stands behind a goal line, 50-75 feet apart and parallel to each other. Players on one team join hands to form the net. On a pre-arranged signal, both teams move forward with the fish trying to reach the opposite goal line. The fish can only go around the ends and the net must circle around the fish to catch them.

Those caught are out of the game and this continues until all fish are caught. After all are caught, the teams then reverse with the fish becoming the net and vice versa.

What Time is it,
Mr. Wolf?

Any number of Small to Medium sized eggs may be used.
No special ingredients are needed.

Mr. Wolf hides his eyes. Children sneak up saying "What time is it, Mr. Wolf?" The children get closer and closer. When Mr. Wolf says "supper time", he runs and tries to catch the other children who, when caught, turn into Mr. Wolf's helpers.

Fox and Chickens

Any number of Small to Medium sized eggs.
No special ingredients are needed.

One player is the fox; the rest are chickens. The fox is in his den and the chickens are around it. One player, the mother hen, asks the fox, "What time is it, Mr. Fox?" The fox replies, "Three o'clock" (or any other time); when he replies "It's midnight!!" the chickens run to a safety area (chicken coop). All those caught must assist the fox in capturing the remaining chickens.

Ship Ahoy

Any number of Small to Medium sized eggs may be used in this recipe.
No special ingredients are necessary.

Areas or lines are designated as different parts of a ship. Actions are given for different commands. The leader calls an area or an action. All players must run to the area or do the action. The last persons are out of the game.

Actions:

All Hands on Deck: All place hands on floor
Climb the Rigging: Motion like climbing a ladder
Sharks: Scream as loudly as possible
Man the Life Boats: Long forward jump
Starboard: Run to the right
Port: Run to the left
Bow: Run forward
Stern: Run backwards
Salute the Captain: Salute the leader
Scrub the Deck: Motion like washing the floor

File of Yarn

All eggs may be used in this recipe.

Special Ingredients: one ball of yarn.

This is a very simple getting-acquainted game. Get all of the children into a group, standing or sitting quite closely together. Then the leader begins by wrapping or tangling himself/herself up in the yarn in any crazy way he/she wants to and while doing so, repeats his/her name three times.

Once finished, the leader passes the ball of yarn on to the first child and the procedure is repeated. This continues until everyone is wrapped up in the yarn, struggling to get out.

The fun starts when everybody tries to get untangled.

Toesies

All eggs may be used in this recipe.
No special ingredients are needed.

The leader should arrange the children into pairs. The pairs then lie down so that their toes are touching. (One head, if pointed south, will mean that the other head will be pointed north.)

Once the kids are ready, start rolling to a finish line, being careful to not let their toes come apart.

This game is good practice in cooperation and timing.

NOTE: With younger children, painting the toes with "invisible magic glue" works wonders to keep the toes together.

Balance Ball

All eggs may be used in this recipe.

Special Ingredients: one or two playing ball(s)

This is a very simple relay type of a game. The leader divides the group into two teams and the members in each team then partner up. Once paired, the two players then balance a ball somehow between their two bodies and move from the starting line, around a turning point, and then back to the starting line.

Once they cross the line again, they pass the ball on to the second pair of participants.

If possible, get the children to use parts of the body other than hands and arms.

Cross-Over Dodgeball

Any number of eggs may be used in this recipe.

Special Ingredients: one playing ball

As in regular dodgeball, players begin on different sides of a line and attempt to throw balls at players on the other side. However, in this no-loser version, if a player is hit with a ball he/she immediately runs to the other side (other team) and continues to play. Players are continuously throwing, dodging, hitting, being hit, and switching sides. The object is to end up with players on one side, which requires a lot of hustling. You might also want to try having entire sides switch.

Cowboys and Indians

All eggs may be included in this recipe.

No special ingredients are needed.

The leader divides the players into two teams called Indians and Cowboys, which stand 30 yards apart on their respective goal line. Each team chooses a leader. All Indians, except the leader, turn around. The cowboys walk up, and when the leader of the Indians thinks they are close enough he calls, "The Cowboys are coming!" The Indians chase the Cowboys attempting to tag them before they reach their goal line.

All Cowboys tagged become Indians. The procedure is reversed for the next game. The team having the largest number at the end of the playing time wins. If the leaders of each team get caught, the remaining players pick a new leader.

Frozen Bean Bags

All eggs may be used in this recipe.

Special Ingredients: Bean bags (for each child)

The children are asked to balance a bean bag on their heads and then to walk around the area. If at any point they drop their bean bag, they must become frozen.

The only way that they can become "unfrozen" is to get someone else with a bean bag still on their head to place it back on the first child's head. If in the act of placing a bag on someone else's head, your bean bag falls off, you become frozen, too.

Some kids may want to hold on to their bags for extra security and that is okay.

Home Base

All eggs may be used in this recipe.

Special Ingredients: One Hula Hoop or Circle of Rope

Arrange all the children into the circle of rope or hula hoop. Once they are ready, the leader then issues quick action commands:

Example: Somersault

Hop on one leg

Clap your hands, etc.

As the leader issues these actions, the children leave the circle, perform them as quickly as possible, and then return back to the circle.

Bear in a Pit

All Small to Medium sized eggs.
No special ingredients are needed.

This is a fairly rough game when played by children, and is most popular with boys.

One player, chosen to be the bear, stands in the centre of a circle formed by the other players who join hands. The bear is eager to force his/her way out of the cage and tries to do so by breaking through the clasped hands, jumping over them or working his/her way under. Sometimes he/she can get out by running and knocking two players apart.

When the bear is free, all the other players race after him/her. The child who catches the bear is the bear in the next game.

Fox Trail

Any number of Small to Medium sized eggs.
No special ingredients are needed.

Make a circle 15 feet to 30 feet in diameter using a line or a stick and also mark off the spokes and a small circle in the centre of the large circle.

One player, designated as the hunter, takes a position in the center den. All other players are designated as foxes and get in to all of the dens at the end of the spokes. However, one fox has no den. Upon a prearranged signal, all foxes try to change dens without being caught by the hunter.

All players must stay on the lines of spokes laid out; any player tagged by the hunter when out of the den becomes the new hunter. Or, for added interest, add several hunters.

Bird Catcher

Any Small to Medium sized eggs may be used.
No special ingredients are needed.

Two corners are marked off at one end of the playground or gym; one serves as a nest and the other as a cage. A mother bird is chosen and enters the nest. Two bird catchers take their places midway between the nest and the forest at the other end where the other players stand. All players should be named for birds, with several representing one bird. The mother bird calls egg out, "Robins come home", whereupon all robins dash for the nest. Those caught by bird catchers must go to the cage. Encourage dodging, etc.

Spider and Flies

Any number of Small to Medium eggs may be used.
No special ingredients are needed.

Two goals are marked off, one at each end of the playing area. The players form a circle (spiders' web) which is drawn an equal distance between the two goals. The spider takes his place, sitting in the den and flies walk or skip around the circle, clapping hands as they go. The spider jumps up and chases them and they run toward either goal. Those tagged become spiders and assist in tagging the rest but must wait each time till the original spider gives the signal to run.

Ammunition

Any number of Small to Medium sized eggs may be used.
Special Ingredients: Large number of playing balls.

Each team stands behind its own end line. Two fielders from each side may move anywhere between the lines except in the line of fire of the opposing team. Each player behind the end lines has a small ball. At the word "fire", each player throws his/her ball at the large ball in the centre of the play space. The object is to roll it over the opponent's line. Fielders pick up any stray balls and pass them back to their own team mates, who must remain behind the line. A goal is scored when the large ball crosses the opponent's line. After each goal all the small balls are redistributed to the individual players and the fielders are changed.

Prisoner's Base

Any number of Small to Medium eggs may be used.
No special ingredients are needed.

The playing area is divided by a line into two equal parts, and the players are divided into two teams of equal numbers, each team having one half of the playing area. At the furthest corner of each side a prison is marked off. The object of the game is to tag and put into one's own prison the players of the other side. The players cannot be tagged while they are on their own ground. A player may dare a member of the other team by running into his zone and back out again. If caught and put in jail, a player may be freed if tagged by a member of his/her own team. Safe passage back to their own zone is then assured.

When one side has made prisoners of all those who are on the other side, or when a runner can run into the opposite prison while it is empty, the game is won.

Soccer Frisbee

Any number of Medium to Grade A eggs may be used.

Special Ingredients: - A frisbee, a goal about the size of a field hockey goal and a field marked for soccer, with a semi-circular penalty area surrounding the goal.

The object of this game is to send the frisbee across the goal line (sliding on the ground, or floating in the air) as many times as possible. Each crossing scores a point for the team.

The play begins when anyone throws the frisbee high into the air. After catching or picking up the frisbee, a player may run towards the opponent's goal. If he/she is tagged (two hand touch above the waist) the player must stop and release the frisbee within three seconds. A throw at the goal must be taken from anywhere on the field except within the penalty area. The only person allowed in this area is the goalie. The goalie may leave or enter this area at any time. If two or more players grab the frisbee at the same time, a jump frisbee is called. The leader stops the play and throws the frisbee in the air.

The only penalty results from excessive roughness. First time results in a two minute penalty; the second means removal from the game.

All Run

Any number of Small to Medium sized eggs may be used.

Special Ingredients: One playing ball.

One player is given the ball and stands in the centre of the play area. The other players cluster around him/her. The player holding the ball throws it into the air, whereupon all of the other players run in any direction as far as they can. The thrower remains in his/her place, catches the ball, and as he/she does so cries, "Stop". Upon hearing this, all of the others must instantly stop running. The thrower then rolls the ball at one of the other players; and if he/she succeeds in hitting him/her, the player hit must change places with the thrower. Should he/she miss, all of the players return to the centre and the thrower takes another trial.

High Kick

Any number of Medium to Grade A eggs.
No special ingredients are needed.

This is another adapted game taken from the Eskimo/Inuit culture. One person stands away from the group and holds a stick at a certain height. The remaining participants must approach the stick and attempt to jump up and kick, they must land on that same foot only, and maintain their balance for three - five seconds. At a low height this game is quite easy, but as the stick gets raised to the eye level of the participants, it becomes quite challenging.

It might be wise to have a leader act as a spotter for the participants as they land on one foot and try to maintain their balance.

Ring Master

Medium sized eggs would be most appropriate here (12-20).
No special ingredients are needed.

A dozen or more players stand in a circle. At the signal they attempt to throw each other out. When any part of the body touches the floor across the line, the player is out. The last man to stay in the ring is the master.

Works especially well with a large group of boys.

Pin Guard

All eggs may be used in this recipe.

Special Ingredients: One ball and one milk carton.

Have the children form a circle. The object is to knock down a milk carton or pin in the centre of the circle with a ball. One player is inside the circle for the purpose of protecting the carton. Players throw the ball at the carton and try to knock it down while the guard defends the carton with his/her hands, legs, and body. Players may retrieve a ball inside the circle but must return to the edge of the circle to throw. After each score the guard returns to the circle and a new guard is chosen.

Scoring: The number of saves that the centre person makes is counted for him/her. Example: six saves - score six.

Variation: Use more than one guard.
Use several balls.

Beat the Towel

All eggs may be used in this recipe.

Special Ingredients: Knotted towel or rag.

All players but one form a circle, each with his/her hands held behind his/her back. The odd person (one with towel) walks around the outside of the circle. He/she places the towel in the hands of one of the circle players. The one who receives the towel immediately begins to run after the odd person, trying to swat him/her with the towel; if he/she succeeds, the odd person is "it" again. If the original odd person gets back to the vacated spot first, he/she is safe and the one holding the towel is the new odd person.

Ring Call Ball

Twenty eggs, any size may be used in this recipe.

Special Ingredients: One playing ball.

The players form a circle, with one player who throws a ball in the air, while at the same time calling the name of one of the circle players. The one called must run forward and catch the ball before it bounces. If he/she catches it, he/she goes back into the circle and the centre player throws the ball again. If he/she misses the ball, he/she becomes the centre person.

Circle of Friends

Any number of assorted eggs may be used, but eggs should be grouped in similar sized groups.

No special ingredients are needed.

In this game the person literally falls into the hands of friends, who prevents them from hitting the floor. About eight children kneel down (or stand) and form a tight circle, shoulder to shoulder. The person standing in the middle of the circle stiffens his/her body and falls in any direction. Generally the middle person keeps his/her arms glued to their sides and is encouraged not to move their feet. This game helps develop trust, as the people forming the circle learn to work together to catch the middle person in their hands and gently shove him/her in another direction. Children take turns in the middle. As proficiency increases, it is possible to back the circle up a bit (more room to fall).

Knots

All eggs may be used in this recipe (even number).
No special ingredients are needed.

First the leader must group all of the participants into teams of eight or ten players. Then...

Everyone grabs a couple of hands but except those of the people directly adjacent. Everyone may have to switch a bit to get the knot tied properly. Now the test is to get untangled. We suggest not to act independently, but rather, make decisions as a group. If the knot is hopelessly tangled, the referee can administer a "knot-aid" of momentary break in the hands so the group can get on with the game.

Ships a Sailing

All eggs may be used in this recipe.

Special Ingredients: One ball.

Everyone is seated in a circle. A ball is thrown from person to person. A throws to B, and says, "Ships a Sailing". B asks A, "What are they loaded with?" A gives a correct answer only if the answers begin with the first letter of his name. If he does this, he remains seated. If he fails to do so, he kneels until he catches on to the game. You cannot give the answer unless you have the ball.

Note: A few in the group should know the game in order to carry it out thoroughly.

Variation: Correct words have double consonants, for example: apple, mommy. Correct words must start with last letter of the person's name, rather than first.

Muk, Muk

Ten to fifteen eggs, any size.

No special ingredients are necessary.

All of the players sit in a circle with their knees up and together. All of them must sit closely together so that a person who is standing in the centre of the circle has difficulty in seeing between their legs. With the centre person's eyes closed, the game is begun by passing a shoe (soft preferably) under all of the knees of the people in the circle. Everyone chants "muk, muk" so as to hide the noise of the shoe being transferred. To further confuse the centre person, all of the people in the circle should have their hands underneath their legs. The object of the centre person is to find the shoe before he/she gets swatted on the back of the legs with the shoe as it gets passed around the circle.

Once the centre person spots the shoe and is able to grab it, the person he snatched it from must stand in the centre of the circle with his/her eyes closed, only opening them when the game begins.

This game is an adapted game from the Inuit culture.

All eggs may be used in this recipe.
No special ingredients are needed.

Pair the group off making sure the partners are approximately the same size. Form a large circle with two rings. The inside ring is the "horses", the outside is the jockey. Each jockey gets up on a horse's back, and on the word "go" jumps down, runs around to the front of the horse, crawls through the horse's legs and runs counter-clockwise around the circle. When the jockey gets back to his/her partner he/she jumps on the horse. The first one back on the horse's back is the winner, and then the two exchange positions.

Log Roll

All eggs may be used in this recipe.
No special ingredients are needed.

A series of logs (players) lies side by side on their stomachs on the floor, a mat, a rug, the grass, or any other comfortable surface. A rider lies on his or her stomach perpendicular to the logs, across the upper portion of their backs. All the logs then begin rolling in the same direction, giving their rider a sometimes soft, sometimes bumpy, ride across the top. Once the rider has flopped over the last log, he/she becomes a rolling log at the end of the line of logs. The first log to roll out from beneath the rider becomes the next rider, and is propelled across the log line. This continues until everyone rolls out of space.

If a larger log would prefer not to take the ride, he can just "pass" and log on. A heavy rider on light logs should go slowly and support some of his own weight.

Alligators

All eggs may be used in this recipe.
No special ingredients are needed.

This game is best played in the evening when it is dark. Lights should be dimmed and choose about ten children to be alligators. The rest of the children represent different animals of the forest. These animals must try to creep past the alligators without being caught. Once caught, the players become alligators too.

Street and Alleys

All eggs may be used in this recipe.
No special ingredients are needed.

All the players except two stand in several parallel lines making ranks and files with four or more players in each. These lines should be far enough apart so that the children in one can just clasp hands with their neighbours in the next one either way. The extra two players act as thief and policeman. The players join hands across the ranks, forming streets. Then the thief runs and policeman tries to catch him. When the leader says, "Right face", the players face right and join hands along the file forming alleys at right angles to the street. To make the game lively, the command to change from street to alley should be given often. The thief and the policeman must keep to the streets and alleys. They are not permitted to break through the joined hands or to go under them.

Smugglers In the Square

All eggs may be used in this recipe.

Special Ingredients: Five pylons to act as lanterns.

Prizes for middle of the squares.

One half of the children are guards, the other half smugglers. A white lantern is placed at each of four corners of a large square and a red lantern is placed in the centre. The guards are placed between the white lanterns along the four sides of the square. Near the red lantern are placed a number of boxes. Some of these contain small quantities of cookies, candy, peanuts; others are filled with pebbles. The smugglers try to penetrate into the square, grab a box and get out of the square without being tagged.

Vampire

All eggs may be used in this recipe.
No special ingredients are needed.

Vampires roam only in the dark, therefore, everyone will close their eyes, and wander around. The vampire is chosen by the referee, unknown to the others. The vampire also keeps his/her eyes closed, but when he/she bumps into someone else, he/she snatches his/her victim and lets loose a bloodcurdling scream. Victims become vampires too and join the prowl. However, if two vampires bump into each other, they become mortals again.

NOTE: Some young children may be frightened to close their eyes - or may get too rough. Be aware of child's fears.

Dodge Ball (Teams)

All eggs may be used in this recipe.

Special Ingredients: One playing ball.

Team one forms a circle around team two. Game is played as individual dodgeball but players in the circle who hit dodgers do not enter the circle. Scoring can be done in two good ways:

- 1) When a player is hit, he joins the outer circle and game ends when no dodgers are left in the circle. Teams then change places and continue.
- 2) When a player is hit he stays in the circle but the opposing team gains one point. A time limit is set on this game.

Teams can play three count dodgeball. When three points are scored, the teams change places.

Crocodile Dodgeball

All eggs may be used in this recipe.

Special Ingredients: One playing ball.

Two, three or four teams are chosen. All but one team form a circle. The centre team lines up inside the circle - one behind the other - clasping the waist of the player in front to form the "crocodile". The object is for players in the outer circle to hit the last man on the crocodile's "tail". When hit, the end man moves up to the head. When all have been at the end, the teams make a change of place and the game continues. Teams remaining in the centre the longest is the winner.

Free Dodge

All eggs may be included in this recipe.
Special Ingredients: One playing ball.

Split everyone into two teams (shirts/skins). Everyone scatter in the playing area. The ball is tossed up between two players. Thereafter, anyone securing the ball may toss it at a player of the opposing team. If hit that player goes out (against a wall). The ball may be passed between team members but not intercepted by opposition unless it first becomes dead by hitting the floor. Players on the sidelines (out) may catch and return ball to team-mates; they may not knock an opponent out of the game.

Smaug's Jewels

All eggs may be used in this recipe.

Special Ingredients: Frisbee (or other prize).

Participants are divided into groups of five to eight. One person is selected as Smaug the Dragon. It is Smaug's responsibility to guard the jewels (a frisbee!) from the Bilbo Baggins (the group). The individuals in the group try to steal the jewels without being tagged by Smaug. If a player is tagged, Smaug has put him/her to sleep. If a player successfully steals the "jewels" he/she exchanges places and becomes Smaug. (Smaug and Bilbo Baggins are characters from Tolkien's "The Hobbit".)

Human Trampoline

All eggs may be used in this recipe.
No special ingredients are needed.

Two lines of people face each other. Everyone crosses his hands and joins wrists with the person across. The line must stay bunched closely together so that there are no spaces between people. One person ties on his stomach across the arms and is bounced up and down.

British Bulldog

All eggs may be included in this recipe.
No special ingredients are needed.

One or two players are chosen to be bulldogs. The remaining players are at one end of the play area. At each end of the play area is a goal line. The bulldog calls "British Bulldogs" and all other players must run to the goal line at the opposite end of the play field. The bulldogs tries to catch the players by tagging them. If he/she succeeds the player becomes a bulldog. More than one bulldog can capture a player.

Crows and Cranes

All eggs may be used in this recipe.
No special ingredients are needed.

Have the players stand in two lines facing one another. One line is designated as crows and the other as cranes. The leader calls out either crows or cranes and the line called must turn and run toward the wall at the end of its playing area. The team not called must chase the runners and attempt to tag them before they reach the safety of the wall. Runners tagged by chasers become members of the chaser's team. After the chase the players regroup themselves in the formation and the game continues. After a prestatred time limit, the team with the greatest number of players is the winner.

The leader can make this game interesting by drawing out the word crow or crane (crrrr - ow or crrrr - ane). To add fun throw in a "crrr - umbs" signal. All who move away from their formation line must change sides.

Fish Gobbler

All eggs may be used in this recipe.
No special ingredients are needed.

This game should be played where there is lots of room to spread out. When the caller (known as the Fish Gobbler) shouts "Ships", all the children run toward the wall to which he points. On the shout "Shore", they quickly change directions and run toward the opposite wall. On the signal "Fish Gobbler", the kids quickly drop to the floor on their stomachs and link arms, legs or bodies together with one or more friends. The Fish Gobbler moves around the room with arms outstretched like a big bird swimming toward the other players but not touching any of them. The children are all safe as long as they are all physically linked together. Once the Fish Gobbler sees that everyone is linked to someone else, the signal "Rescue" is called. At this moment, all the children jump to their feet, join hands and yell "Yeah", raising their joined hands over their heads. The game ends when the children are ready to move on to another game. Add your own signals to the game.

Crown and Flag

All eggs may be included in this recipe.

Special Ingredients: - Material to use as a flag

- Stick about two feet long.

Divide the players into two teams, numbering each player. Place a flag and two sticks in the centre and between the two teams. The leader calls a number and the members of each team corresponding with the number called run out and try to bring the flag on the stick back to their goal line. The member of the team bringing back the stick and flag wins a point for his team.

Variation: Put a bucket of water with a sponge in the center of the two lines. Teams only score points by hitting the opposite team member with a wet sponge.

Push-0-War

All eggs may be used in this recipe.

Special Ingredients: One earthball.

Divide group into two equal teams.

The leader places the earthball in the centre of the field. Teams line up at opposite ends of the playing field.

On a signal by the leader, the two teams rush to the ball and try to advance it to the opposition's goal line. At the same time the team keeps opponents from advancing the earthball toward their goal line. The ball may be advanced by pushing, punching, heading, etc, but not by kicking or carrying.

The winning team is the one to be ahead on goals at the end of a pre-decided time limit, or to reach a pre-specified number of goals.

Red Raider

All eggs may be included in this recipe.
No special ingredients are needed.

This game is a take-off on the traditional tug-of-war. As in the original tug-of-war, the leader divides the children into two equal sized teams.

In this case however, the participants do not pull on a rope but rather line up facing one another from opposite sides of the rope. At the leader's signal, the players from each side begin trying to pull members from the other side across to their own side. Ganging up is allowed; however, all of the pulling must be done from your own side of the rope.

Once a player has been pulled to an opposite side, he/she pulls for the other team.

The game concludes when everyone ends up on one side of a line.

Poor Pussy

All eggs may be used to play this game.
No special ingredients are needed.

Have the children seated in a circle. Select one child to be the "Poor Pussy". The pussy must walk on all fours around the inside of the circle and stop before another child and mew three times like a cat. Each time the pussy mews, the child he/she has stopped before must say "Poor Pussy" and shake his/her head very solemnly. If the pussy can make the other child laugh or smile he/she then becomes the pussy. Make note that a pussy can do anything to make the other laugh such as making faces or rubbing its head up and down the other child's leg.

Red Rover

All eggs may be used in this recipe.
No special ingredients needed.

The players are divided into two equal groups. The group forms two lines at opposite ends of a play area, holding hands. One group calls "Red Rover we call (so and so) over". This person runs across the play area and tries to break the hands of the other group. If he/she succeeds he/she can bring one of that group over to their side, if he/she does not he/she joins the other group. The game is over when all players are at one end of the playing field.

Hug Tag

All eggs may be included in this recipe.
No special ingredients are needed.

This variation on classical tag is an example of how you can turn an old game into a new one. The game is played by whatever rules you are used to, but there is one exception - the only time a player is safe is when he's hugging another player. After playing for awhile, you can add rules that players must be hugging to be safe. Then try four, five or everyone.

Snake-In-The-Grass

All eggs may be used in this recipe.
No special ingredients are needed.

The starter snake lies down on the ground on his stomach. Everybody else gathers fearlessly around to touch him. (One finger will suffice - you don't want to get too close to a snake.) When the Referee shouts, "Snake-in-the-Grass!" everybody runs, staying within the bounds of the snake area, while the snake, moving on his belly, tries to tag as many as he can. Those touched become snakes too.

Non-snakes run bravely around in the snake-infested area, trying to avoid being caught. (For your own sake and the snake's sake, take off your shoes and watch out for snake-fingers.) The last person caught is the starter snake in the next game.

Pirate's Treasure

All eggs may be used in this recipe.

Special Ingredients:

- Treasure
- Bean bags or water sprayer.

In this game, the pirate sits in the middle with his/her knees up, guarding the treasure which can be a stick or a ball, or almost anything. One person in the circle is chosen to try and sneak in and grab the treasure from the blind-folded pirate. The pirate has three balls or bean bags which he/she throws at the person sneaking in to get the treasure. If he/she hits the person sneaking in to get the treasure, he/she then remains the pirate. If the person is successful in grabbing the treasure from the pirate, then he/she becomes the pirate and a new "sneaker" is chosen.

The Hat Game

All eggs may be used in this recipe.
Special Ingredients: 1 hat.

The leader begins by arranging everyone into a circle. Once in a circle, everyone joins hands. The leader designates one person as "it". A hat is placed into the centre of the circle and the "it" person walks around the outside of the ring of people touching each pair of joined hands.

The person that is "it" yells "Hats" when he touches a joined pair of hands, those two people from the circle immediately begin running in opposite directions around the circle. "It" remains where he/she was and spreads his/her legs open wide. The other two people must run around the circle and get through "its" legs and then try to snatch the hat in the middle of the circle.

The first player to get to the hat is the winner and he/she becomes the new "it".

Action

Any equal number of small sized eggs.

Special Ingredients: Objects for an action course.

Each child chooses a partner and they attempt to go through an action course together. The course consists of six stations where partners: 1) bounce a large ball back and forth four times, 2) jump rope together ten times, 3) throw a small ball back and forth using a large scoop four times, 4) walk toward each other from opposite ends of a low balance beam, hold on to each other to turn around and walk back, 5) bounce a ball back and forth four times and 6) do a front roll on a mat side by side. After completing this portion of the action course, the partners run directly back through the action line. They jump over the low beam and run between passing balls, and then turn around and run back straight through the action line and finish up by doing another roll and jump into the air together. When the first pair reaches the third station, the second pair begin the action course. Children must run through the action course upon their return.

Variation: The course can make use of any equipment.

Red Light - Green Light

All eggs may be used in this recipe, although small size may taste best. No special ingredients are needed.

There are two parallel lines marked about fifty or so feet apart. All players stand on the starting line, facing the opposite line where "it" stands. The "it" turns his back to the others, counts to ten and calls "Green Light", and then turns and calls "Red Light". Any player seen moving is sent back to the starting line. The game continues until one player succeeds in getting to the opposite line. He becomes the new "it", and the game continues.

Clap and Catch

Any number of Small to Medium sized eggs may be used.

Special Ingredients: One playing ball.

Players stand in a circle formation. The leader stands in the middle. The players must clap their hands before catching the ball when it is thrown to them. If the ball does not come to them and they clap, then a penalty is given. The leader can create much amusement by faking and pretending to throw, by looking at one person and throwing to another, etc.

Variation: Let children assume the leader's position.

Squirrel in the Trees

Twenty Small to Medium sized eggs.
No special ingredients are needed.

Pairs join both hands to form trees. Within each tree stands a third child called a squirrel. The groups stand in a circle formation. The leader selects an "it" who stands in the centre of the circle and starts the game by calling out "Change". All of the squirrels in each tree must then change trees and "it" also tries to claim a tree for himself. The squirrel left without a tree goes to the center as "it" and starts the game again.

Wild Animal Blind
Man's Bluff

Any number of Small to Medium sized eggs (at least ten).
Special Ingredients: Cane or a rounded stick.

One player, designated as "it", is blindfolded and stands in the centre of a circle with a cane or rounded stick. All the players skip around in a circle until "it" taps three times with the cane. All players stand still.

"It" points to a player who then takes the opposite end of the cane in his hand. "It" asks him to make a noise like some type of wild animal (panther, lion, owl, crow, etc.) "It" tries to guess the name of the animal. If correct, "it" goes to the circle and the other player takes his place. If wrong, he is "it" again.

Hit the Bucket

Any number of Small to Medium sized eggs.

Special Ingredients: One large basket

One playing ball.

Each player, in turn, tries to throw a ball into a basket from outside a circle. When he/she is successful, one point is scored. The player in the centre of the circle is the retriever and gets the ball, passing it to the next player. A scorekeeper may be chosen to keep the players' scores. After all the players have an equal number of turns, the player with the highest score is the WINNER.

Barnyard

All eggs may be used in this recipe.
No special ingredients are needed.

The leader whispers the name of an animal in each child's ear. Only about three or four different animals such as pig, cow, dog and cat should be used so that there will be several of each variety. When the game starts, the students, with their eyes closed, move about imitating their animal. As a child hears another animal that is the same (eg. pig), he hangs on to that animal and the two of them continue to move around together imitating their animal. Soon all the dogs should be barking and crawling together while all the cats will be meowing contentedly as they've found their friends.

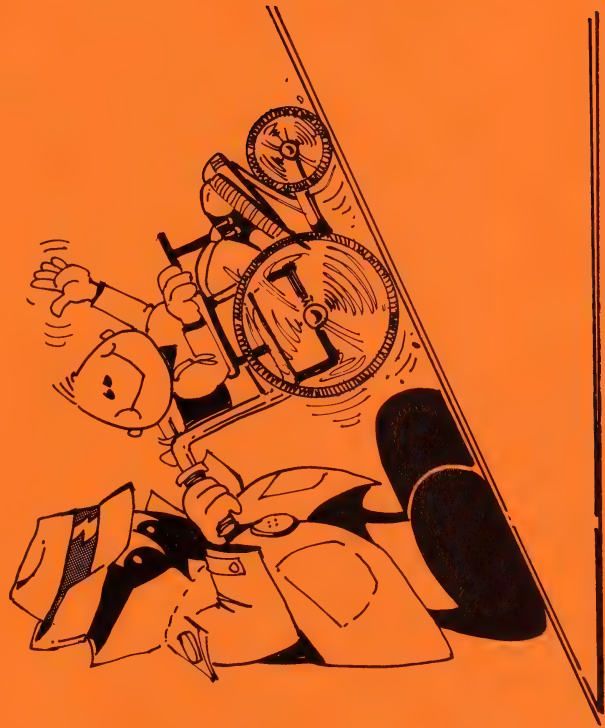
Variation: A challenge might be given for the children to form groups composed of only one of each kind.

Any number of small eggs may be used.
No special ingredients are needed.

All players but one sit in a circle. The odd player walks around the outside of the circle touching each player lightly on the head repeating these words, "Duck, Duck, Duck". This continues until the odd player touches a head and says the word "Goose", whereupon the player jumps up and begins to chase the odd man around the circle. If the odd man gets to the vacated spot in the circle before the player gets to it, he is safe and the player becomes the odd man.

Variation: Kitch, Kitchy, Boom (May appeal to older children)

Game is played similar to Duck, Duck, Goose, but in this case, the child who is "Boomed" runs around until he meets the person who was "it". At this point, the "it" person drops to one knee and lets "Boom" sit on his leg. "It" says, "I love you!" to "Boom" and "Boom" replies with three kissing noises. Once this transaction is completed, the players race back to the vacant spot.



Ice-Breakers And Passive Games

Ice-Breakers and Passive Games

Unfortunately, the weather may at times influence the kind of programme a leader would like to present to the children, especially if that leader places a heavy reliance upon activities to be done in the out-of-doors. When inclement weather creates a problem, it is always helpful to have a number of passive games to fall back on. Generally, they take up very little space and because their energy level is to some extent less than active games, they may act in a pacifying role as well.

A combination of ice-breakers and passive games can usually last for the duration of most rainstorms. In order for them to be successful, it simply requires the proper timing, equipment readiness, and an eagerness on the leader's part to become involved. In addition, most leaders will likely find that passive games are the types of activities where they get to know the most about each individual child that they have on their park.

Some of these games may be slightly complicated not only the children but the leaders, too, have to stay on their toes.

IMPORTANT

FOR FURTHER CLARITY WITH REGARD TO THE "RECIPES" THAT FOLLOW,
CONSIDER THE FOLLOWING AS BASIC GUIDELINES IN THE PREPARATION
OF SUCCESSFUL GAMES.

SMALL Eggs	:REFERS TO EARLY CHILDHOOD PARTICIPANTS (5 - 8yrs.)
MEDIUM SIZED Eggs	:REFERS TO MIDDLE CHILDHOOD PARTICIPANTS(9 -11yrs.)
GRADE A Eggs	:REFERS TO LATER CHILDHOOD PARTICIPANTS (12-14yrs.)
ALL Eggs	:REFERS TO ACTIVITIES SUITABLE TO EVERYONE

All eggs may be used in this recipe.
No special ingredients are needed.

The children are divided into three groups. The first group repeatedly practises saying: "Hash"; then the second "Hish"; the third "Hosh". The three groups, in the same order, then practice repeatedly "Hashee", "Hushee", "Hoshee". At a given signal, all repeat their final words in unison, thus giving the effect of a fat man sneezing violently.

Who Am I?
(Twenty Questions)

Any number of Grade A eggs may be used.
No special ingredients are needed.

Players are arranged in a circle or group.

"It" is asked to leave the group while the remaining players choose a well-known fairy tale character, such as Cinderella. When "it" returns he/she must ask each of the players in turn a question which may be answered by "yes" or "no". Questions may be "Am I a boy?" (No!) "Did I wear glass slippers to a ball?" (Yes!) The player who is "it" may be allowed 20 questions to guess "Who am I?".

If he/she is unable to guess correctly with 20 questions, the group will select another player to be "it". However, if "it" guesses correctly the person answering the last question becomes "it".

Variation: Any famous character may be used instead of one from a fairy tale.

Concentration

Any number of Medium to Grade A eggs.
No special ingredients are needed.

All of the players should be seated in a circle. Each of them is numbered off; i.e. if there are 20 people, the numbers will range from 1 - 20. The first player, #1, begins the game by reciting the following verse once:

Concentration
Concentration has begun
Names of numbers
Keep the rhythm

While saying the verse, he/she must act out the following sequence four times (once for each 1 line of verse):

Slap both knees simultaneously
Clap hands together
Snap right fingers and then left (repeat)

(Con't.)

Concentration
(con't.)

Once the rhythm has been established, the first player, on the snaps of the fingers, says his number and then another player's number. The other player then must wait for the knees and clapping to occur and then he/she immediately says his number and then someone else's on the snaps.

Example: 1st person: Knees Claps Right Snap Left Snap

4th person: Knees Claps Right Snap Left Snap--and so on.

The object of the game is to get to the number one position. Anytime someone fails to keep the rhythm they must go to the end of the line (the number 20 position).

Therefore, everyone that was behind the person that made a mistake moves forward one space, closer to the #1 position. It is best then, to always try and trick someone who is closer to the number one position that you are.

Variations: Instead of numbers, use animal names, funny sounds, or ridiculous actions.

Quarter, Quarter

All eggs may be used in this recipe.

Special Ingredients: A quarter.

Have all the participants sit in a circle with legs crossed. One child is asked to leave the group to be called back later in order to play the game. The remaining children place their left hand, palm open, onto their left knee. Their right hand will be used as the quarter passer. The quarter is passed left-to-right, counter-clockwise around the circle. Each child takes the quarter from his left palm and places it in his/her neighbor's left palm trying not to be noticed.

(Con't.)

Quarter, Quarter
(con't.)

All of the participants must move their right hands at the same time while singing or saying the following verse:

Quarter, Quarter)
How do you wander)
From the One Hand)
To the other)
Is it Fair?)
Is it Fair?)
To keep poor Bill (whoever))
Standing There)

At the end of each line, the children's hands should be in the left hands of the person beside them.

The one who originally left the circle joins the group and stands in the centre. He/she then must point out where the quarter is as it gets passed around. Once he/she finds it, the child caught must leave the circle and come back later to repeat the game.

Ah, Ha!

A group of about 15-20 Medium to Grade A eggs.
No special ingredients are needed.

This game is dedicated to the memory of Sherlock Holmes. When a murderer was discovered Holmes would exclaim "Ah, Ha!" and then point accusingly at his suspect. The game consists of three continuous actions in a circle formation.

The first action is performed by placing either hand on top of the head with fingers pointed towards the person on either side. As this action is done the person is to say with expression "Ah".

(Con't.)

Ah, Ha!
(con't.)

The second action is performed by the person who the first person pointed towards. This second person responds by saying "Ha" while placing either his right or left hand under his/her chin. Again the person to either side must watch while placing either his right or left hand under his/her chin. The child to either side must watch which direction the second person's fingers are pointed. . .

The third action consists of pointing silently across the circle at the accused murderer. A fourth person will respond to the action by again placing either hand on top of his head saying "Ah". This process continues in a flowing action until someone messes up (usually often!).

Those that lose the rhythm or perform inappropriate actions must leave the circle. They take on a new and important role as hecklers for the remainder of the game. A heckler's job is to get the others to say "Ha" when they should have said "Ah" or visa-versa.

*The last remaining player is designated detective of the camp!

Which One is Missing?

Any number of small sized eggs.

Special Ingredients: large number of common items, i.e. toys, leaves, etc.

A group of five objects that are quite different may be used at first. The children are sitting in such a position that they can see all the objects, and possibly talk about them for a while. Then they close their eyes and the leader removes one of the objects. On a signal from the leader, the children open their eyes and take time to be sure before they say which one is missing. Two or three objects may be taken away at one time. When the children realize how the game is played, that it is a thinking game and not a guessing game, the objects involved could have more in common such as different shaped autumn leaves. Always allow discussion time first and insist on the raising of a hand for an answer to "which one is missing?". The group of objects may be larger in number when the children are ready for more challenge.

Button, Button
Who's Got the Button?

Any number of small sized eggs may be used.

Special Ingredients: Button or coin.

Children form a large circle. They hold their outstretched hands, palms together, in front of them and close their eyes. "It" is selected and is given a button. "It" goes to every child, being sure to touch the hands of everyone. However, "it" can only leave the button once. (This part is a little difficult for the child to understand at first). Having completely gone around the circle "it" sits down and another child is chosen to find the button. He/She must say "Button, button, do you have the button?" If he/she has found the button, he/she is "it" for the next turn.

Getting Acquainted
(Name Game)

Any number of Small to Medium sized eggs may be used.
Special Ingredients: One ball (playing).

Children sit in a large circle, spreading their feet apart to touch toes with their neighbor. A ball is given to one of the children. This child says his/her name and pushes the ball across the circle. The child receiving the ball holds it just long enough to say his or her own name, helping the others to become familiar with it.

Variation: When the ball rolls to a child the others must say his/her name.

Circle Toss

Any number of Small to Medium eggs may be used.
Special Ingredients: Balls or bean bags.

Players form a circle with a space of about two feet between each player. Every alternate player is given a ball or possibly a bean bag. At the signal each one turns to his/her right and tosses his/her object to the next person, turning immediately to catch the object being tossed to him/her from the player to the left. After the children become fairly proficient, everyone may be given an object to toss. Any that miss it form a new circle and continue.

Pat and Rub

Any number of Small to Medium sized eggs may be used.
No special ingredients are needed.

The leader instructs the players, simultaneously, to rub the tops of their heads with their right hands and at the same time to pat their stomachs with their left hands. He/She then challenges them by saying, "Now reverse". The leader continues to call "Now reverse", varying the time between commands. Those who cannot keep up the co-ordinated motion should be given the chance to practise and try again.

I am Thinking of
Something in This Room

Any number of small sized eggs may be used.
No special ingredients are needed.

This game is played in small groups. "It" describes something in the room and the rest of the group guesses. They must be sure only one is talking at a time; perhaps taking turns in rotation will work best. Everything that is said must be said in a complete sentence.

The Prize Grouch

All eggs may be used in this recipe.

Special Ingredients: Cloth or handkerchief.

Two leaders are required to keep score. One tosses a handkerchief in the air a number of times at a different level each time. All must laugh while it is in the air, but must scowl when it touches the ground. All those laughing at the wrong time, or failing to laugh at the right time are eliminated and may try to make the others laugh and so join the eliminated.

The leaders may try to provoke laughs at the wrong time. The survivor is the prize grouch.

Simon Says

All eggs may be used in this recipe.
No equipment is needed.

The players stand in a scattered formation so that all can see the leader. The leader stands in front of the group and gives directions. The leader himself obeys only when they are preceded by the words "Simon says". If a player does the leader's action when the leader does not say "Simon Says" he must sit out of the game. The game is over when all the players are out.

Grocery Store

Any number of Medium to Grade A eggs may be used.

Special Ingredients: None.

The players are divided into two groups facing each other. The leader names a letter, to which someone in the crowd calls out the name of an item found in a grocery store beginning with the same letter. A point is awarded to the side which first calls out a satisfactory word. The items may be used only once so the next time the letter is called, a different word must be named. Avoid using the letters Q, X, and Z.

Variation: The leader can change the category of Grocery Store to Hardware Store, Drug Store, etc. Animal groups such as mammals, reptiles, birds, etc., may also be used.

Buzz

Any number of Grade A eggs may be used.
No special ingredients are needed.

The players are seated in a circle. The players count out loud and at every multiple of seven or number containing seven, the player whose turn it is says "Buzz". Any player who makes a mistake must drop out or leave the circle and the last one left is the winner.

Variation: For older children or a very keen group, add the substitution of the "Bang" for any multiple of three or number containing it. Compound numbers like twenty-one, thirty-seven, etc., would then be "Buzz-Bang".

Indian Chief

All eggs may be used in this recipe.
No special ingredients are needed.

"It" leaves the group while the rest choose an action leader. When "it" returns, all the players in the circle are making the same motion as that started by their action leader. The leader constantly changes the motion and the group does likewise but they never look at the leader in such a way as to give him away.

"It" gets three guesses to determine who is the leader. If he/she fails, a new "it" is chosen. If he/she succeeds in identifying the leader, then the leader becomes "it".

Twisted Anatomy

All eggs may be used in this recipe.
No special ingredients are needed.

Form the children in a circle and choose a person to be "it".

"It" marches around the inside of the circle. Stopping suddenly in front of someone, he/she grabs his/her nose violently and says, "This is my big toe". Whereupon the player being addressed grabs his/her big toe and proclaims proudly to the other, "This is my nose". All this fibbing must be done before "it" can count to ten. If he/she doesn't make the correct wrong answer he/she exchanges places with the one in the centre. Otherwise "it" continues until he trips someone up. The more remote the geographical locations of various portions of the anatomy are mentioned in this game, the better.

Name Chain

All eggs may be used in this recipe.
No special ingredients are needed.

*This is an excellent game that can be used to get to know one another's names.

Have the children seated in a circle. The first person is to turn to the second and say his/her own name. The second person turns to the third and repeats this adding his/her own name. Then the third person must repeat the first two names before adding his/her own name. The list lengthens as the game goes on.

The Animal Name Game

All eggs may be used in this recipe.
No special ingredients are needed.

Arrange all of the children into a circle. The first person must tell his/her name and then the name of an animal that begins with the same letter as the person's name.

eg. Bob - Buffalo

The second player in the circle names the first player using both the real and animal name and then says his own. This procedure goes all the way around the circle to the last person who must try to remember everyone's name plus the corresponding animal name that accompanies it.

Pass the Ring

All eggs may be used in this recipe.

Special Ingredients: Toothpicks, lifesaver candies.

This game is very simple but enjoyable. The participants may be in a circle or squad formation. Everybody has a toothpick in his/her mouth. One person, or in the case of squads, the first person, has a lifesaver on his toothpick. The purpose is for the next person to take it off his/her own toothpick, and pass it on to the next person in the same way. The team that passes the lifesaver around first is the winner. The last person of both the losing and winning teams can eat the lifesaver.

Clap It

All eggs may be used in this recipe.
No special ingredients are needed.

The player who has been chosen to be "it" leaves the circle while the others decide upon something that "it" must do, perhaps untie John's shoe lace. "It" is called back and everyone starts clapping softly. "It" walks around the circle as he approaches the victim, in this case John, the clapping becomes louder. If he moves away from John the sound diminishes. The change in volume tells "it" to move his hands near John's head, but becomes louder with clapping as "it" bends down and unties the shoe lace. Another player is then chosen to be "it". Vary this game by having the players hum, sing, or chant "cold", "warm" or "hot" as "it" moves around.

Statues

Any number of eggs may be used (all types).
No special ingredients are needed.

One person is designated "it". "It" stands in the middle of an open area, takes another participant by the wrist, whirls him/her three times around, then lets him/her go.

The person swung around is supposed to hold the pose he/she ends up in until all others have been similarly swung into a statue pose.

"It" then chooses the person holding the pose he/she thinks best exemplified the conditions he/she had set up prior to swinging--funniest, most like an animal, most graceful, most like a robot, etc.

The person so selected then becomes "it", sets up his/her classification and starts swinging the participants.

Find your Partner

All eggs may be included in this recipe.

Special Ingredients: Magazines

Construction Paper

Scissors

Cut out pictures--illustrations, advertising pictures, post cards, etc.--in two pieces. Divide the players into two groups. Each member of the first group chooses a top half of a picture. The second group chooses a bottom half. Those holding the matching pieces become partners.

Variations: This may be done with other objects such as paper hearts of different colors cut irregularly.

Gossip

All eggs may be included in this recipe.
No special ingredients are needed.

One child starts a story by whispering a line in someone's ear. The next child does not repeat this line but adds something to it, passing on only what he/she has added. At the end everyone tells their line.

Variation:

One person begins and he/she says to the person on his/her right a short sentence or phrase (5-6 words). This sentence is passed on to each person by whispering the words into the other person's ear. No one else should be able to hear as it is being passed around. During this process, the player whispering the words can only say them once. The player on the end then says the words out loud, seeing if the words are the same as the ones at the start.

Continued Story

All eggs may be used in this recipe.
No special ingredients are needed.

One person starts the story and speaks for one minute, then the next person picks up the thread and speaks for the next minute, and so on until all have spoken. There is no time given to the orators to prepare a story but they must do this cold, and as the story is developing. Each person adds a chapter of their own, it will become more involved and interesting. It is the duty of the last person to bring this story to its climax and add a befitting conclusion. You will find this very amusing and the results might surprise you.

Variation:

Each person contributes three words to the story. The result will be a shorter witty story.

Listen Carefully

Medium to Grade A eggs may be used in this recipe.
No special ingredients are required.

This game requires skill and coordination.

The leader tells the children to listen carefully. Hold your left ear with your right hand. Now hold your nose with your left hand. When all this has been done, he/she then instructs the children to reverse. The ones who cannot coordinate their actions fast enough are given a chance to practise and try again. With practice all can be winners.

Charades

Any number of Medium to Grade A eggs may be used.

Special Ingredients: Paper and Pencils.

The children are divided into two or more groups. Each group is informed that it must choose a word of two or three syllables, and prepare to dramatize each syllable, as well as the entire word, without speaking while the others try to discover what word has been chosen. This can be varied by acting out advertising slogans, song titles, nursery rhymes, book titles, movies, and so on.

Variations: Have the groups compete against one another to act out a specified number of charades within a certain time limit.

Things in a Bag

Any number of small to medium sized eggs may be used.

Special Ingredients: Bag containing different items (use natural as well as domestic).

The children observe five or six objects being put into a bag. The bag is then closed and passed around the circle. At the signal (established by the children), the one holding the bag reaches inside and identifies the object by feeling it. He states what it is and then takes it out of the bag to see if he is correct. The object is put back in the bag and the game continues.

Find the Penny

Any number of Small to Medium sized eggs may be used.

Special Ingredients: Coin or button.

The children sit in a circle, and one child in the centre of the circle covers his/her eyes. While he/she is out, a penny is placed on one of the players in plain sight. On a signal "it" opens his/her eyes and tries to locate it. The other children clap softly as he/she goes further from the penny and they clap loudly as he/she approaches the penny.

Birdies Race

Any number of small eggs may be used.

Special Ingredients: Balls or bean bags.

The children and leader are sitting in a circle. The leader has two different coloured bean bags in his/her hands. One is called a robin and the other a bluebird (or any birds may be used; duck and goose for instance). The leader explains that the birds are flying around the circle. They must not be dropped and must not be thrown, simply passed from hand to hand. One goes to the right of the leader and one goes to the left of the leader. The first one back is the winner. The children get very excited about this, once they know the game.

Sticky Popcorn

Any number of small sized eggs may be used.
No special ingredients are needed.

The children start out as kernels of popcorn and as the heat gets turned up, they start to pop (jump) around the gym. It can be suggested to them that a sticky marshmallow sauce has been poured over them so that they will stick to more and more pieces of popcorn until a big sticky ball is finally formed. Playing lively jumping music such as Popcorn helps to motivate the children for this activity.

Driver's Test

All eggs may be used in this recipe.

Special Ingredients: Blindfolds.

Have boys and girls paired as partners. Set up an obstacle course through which the driver is to steer him/her blindfolded partner by spoken directions. Obstacles may be chairs to go around, things to step over, a narrow path to walk between, etc. Unless you have a large space and can set up a duplicate course for two teams to go over at the same time, the contest will have to be run on a time basis. Start a team off and time them at the finish.

Barked shins or stubbed toes have no bearing on the matter--the fastest time over the approved course wins. It might be a good idea to change the obstacles around a bit after a new contestant is blindfolded and ready to drive. This will make it more interesting and will also eliminate the chance of the person going through having memorized the course.

E S P

All eggs may be included in this recipe.
Special Ingredients: Two leaders.

One leader leaves the room. The other leader tells the children that they have ESP and to test it out. The children pick a number which the other leader will try to guess. The other leader comes into the room and puts his hands on the temples of the one who was left in the room. The leader who knows the number grits his teeth, a muscular action which can be felt in the temples.

Dutch Band

Any number of Medium to Grade A eggs may be used.
No special ingredients are needed.

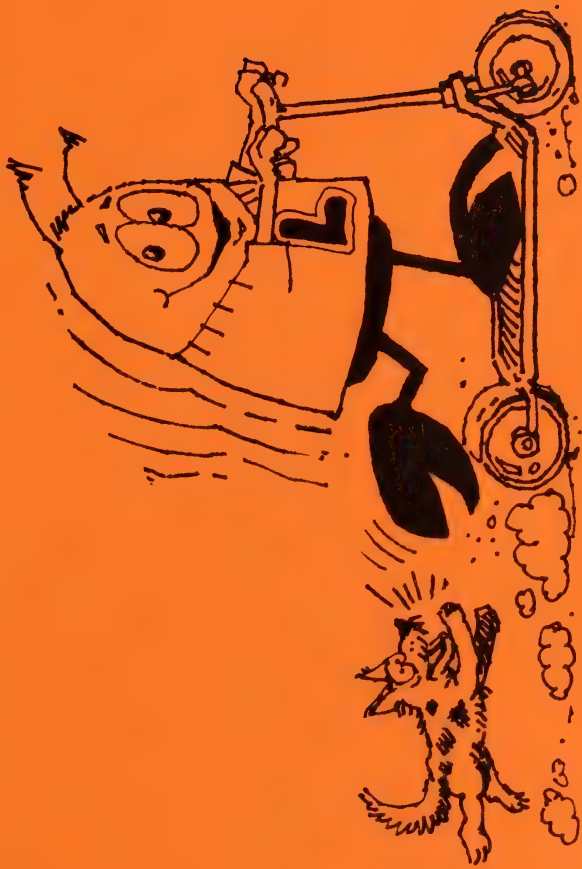
One player is chosen to be orchestra leader. He/she assigns to each player an instrument on which that person is to perform--piano, violin, slide trombone, accordion, drum. Several players may be assigned the same instrument. The leader conducts by placing his/her thumbs in his/her ears and waggling his/her fingers. While he/she does this, all the instruments play, but when the leader decides to play one of the instruments, such as the violin, all the violinists must put their thumbs in their ears and waggle their fingers. When the leader stops playing the violin, then they resume their performance. The leader changes quickly from one instrument to another until he/she catches someone who is continuing to play his/her instrument when he/she should be waggling his fingers. That person must then change places with the leader.

No

Any number of Grade A eggs may be used.
Special Ingredients: Peanuts.

Each player is given ten peanuts, beans, or similar counters. The players are then given a specified time in which to collect counters from the others by getting one from each person who answers "No" to any question. The one getting the largest number of counters wins.

This game creates an awareness in kids and adults alike as to how easy and often people say the word "No". It is a good exercise for leadership training as well.



Tags and Relays: Is Anybody Tired Yet?



Tags and Relays:
Is Anybody Tired Yet?

If you are looking for activities that will keep your kids running for awhile this is the section for you. Tag and relay games are very popular with children because they provide them with an opportunity to burn off a lot of steam.

There are times when children do not always admit to being caught in tag games. Leaders can sometimes eliminate this occurrence from happening by having everyone wear flags. The "it" person simply has to pull the flag out from the other person to catch him/her. Flags are generally worn in the back of the pants tucked in at the waist.

Leaders should make every effort to become involved in these kinds of games. Kids love to be able to tag a leader as much as they enjoy watching a leader stumble through some form of relay race.

IMPORTANT
REFERENCE

FOR FURTHER CLARITY WITH REGARD TO THE "RECIPES" THAT FOLLOW,
CONSIDER THE FOLLOWING AS BASIC GUIDELINES IN THE PREPARATION
OF SUCCESSFUL GAMES.

SMALL EGGS	:REFERS TO EARLY CHILDHOOD PARTICIPANTS (5 - 8YRS.)
MEDIUM SIZED EGGS	:REFERS TO MIDDLE CHILDHOOD PARTICIPANTS(9 -11YRS.)
GRADE A EGGS	:REFERS TO LATER CHILDHOOD PARTICIPANTS (12-14YRS.)
ALL EGGS	:REFERS TO ACTIVITIES SUITABLE TO EVERYONE

Crab Relay

All eggs may be used in this recipe.
No special Ingredients are needed.

The players stand in relay formation. The first player in each line turns his/her back to the starting line; sitting down, placing his/her hands on the starting line and raising the hips with the body weight on the hands and feet. Facing upward, the player moves until he/she reaches the finish line, at which time he/she quickly stands up and runs back to the end of his/her own line. While passing, the player touches the next person in line who has assumed a crab position and is ready to move upon being tapped. The relay continues following this procedure until all players have participated and have returned to their original position in line. The team that wins is the team that first has its players standing in their original positions. (Value--develops arms, shoulder girdle, back, and leg strength, balance and coordination).

Leapfrog Relay

All eggs may be included in this recipe.
No special ingredients are needed.

Teams stand in relay formation; the players squat and place their hands on the floor. The last player leapfrogs across the floor. The last player leaps over all players in front of him; he then runs to the distance line, or tags a wall, then returns to his place and touches the next player. The second player leapfrogs over all players in front of him, to secure his original position; he then touches the third player who repeats the same procedure. The team wins whose players first complete their leapfrogs and return to their original positions. (Value--develops power, balance and coordination).

Circular Leap- frog Relay

All eggs may be used in this recipe (preferably 12-16 members)
No special ingredients are needed.

Players are in a circle, facing counterclockwise, on their hands and knees. The circle is divided into two teams and the players are given a number opposite each other in the circle.

The leader will call a number (between one and six in this case) such as five and the fives will leapfrog over the other players in the circle all the way around and back to their own place. The first player back wins a point for their team. The team with the most points win.

Kangaroo Relay

Any number of Small to Medium sized eggs may be used.
Special Ingredients: One playing ball.

Form teams of equal numbers of players. Designate a starting line and a goal line about 20 feet apart or a slightly longer distance depending upon the age of the players. Standing in single file, the first player on each team places the ball between his knees and hops to the goal and back like a kangaroo. He then removes the ball and passes it on to the next player in line. The first team to complete the race is the winner.

Catch the Caboose

Any number of Small to Medium sized eggs.
No special ingredients are needed.

Several groups of four or five children form a train with the end person being called the caboose. Two or three are set free to try and catch the caboose. If someone succeeds in grabbing hold of the end person, the head person on the train must drop off and try to catch the caboose or someone else's train.

Leapfrog Tag

Any number of Medium sized eggs may be used.

No special ingredients are needed.

One person is "it", and tries to tag the other players. When a player is tagged, he/she must squat down and remain out of the game until one of the other players can leap over him/her and set him/her free. With a large group there can be more than one "it".

Poison Tag

Special Ingredients: Object to represent poison Indian Club, sticks.

Players form a circle around an object such as an Indian Club, pile of sticks or box. This object in the centre is poison. The players, holding hands, try to push and pull so that one player touches or knocks over the poison object. When one touches the poison, he becomes poisoned and must leave the game.

General Line Relay

All eggs may be used in this recipe.
No special ingredients are needed.

The teams line up in single file, at least five feet apart, behind a common starting line.

Opposite each team, a turning point is established (line on floor, chalk mark, Indian Club or similar object or a member from the team).

The distance of the turning point will depend on the type of relay and the space available.

On the signal, the first person in each line runs forward to the designated goal, runs back to his/her file, passes by on the right hand side of his/her file to the end of the line, touching the right hand of the head player as he/she passes. This player proceeds in like manner. Continue until all have had a turn.

(Con't.)

General Line Relay (con't.)

Teams

XXXX
0000

&&&&

Turning Points

T
T
T
T

Starting Point

Variation:

The Shuttle Relay - This is similar to the line relay, except that each team is divided into two separate parts which are in parallel lines facing each other.

Elbow Tag

All eggs may be included in this recipe.
No special ingredients are needed.

A simple twist on one of the world's oldest games transforms it into a new favorite, guaranteed to raise the activity level of virtually any group.

Divide the children into pairs and have each player link an elbow with his/her partner, keeping the outside elbow bent and the outside hand on his/her waist. You need one volunteer to be "it" and another to be the runner.

The person who is "it" tries to tag the runner, but there's a twist: The runner can avoid being tagged by linking an elbow with the free elbow of any member of any pair on the playing field.

(Con't.)

Elbow Tag (con't.)

When he/she does, he/she shouts "go" and the member of the pair must take off as the new runner, hotly pursued by the person who is "it". If the runner is tagged, he/she becomes "it", and a new runner is chosen.

Everybody should act as referees to make sure that the runner takes advantage of the link-up feature of Elbow Tag.

There is a lot of room for variation in this game. The pairs can be arranged in a circle or placed randomly around the field. Partners can face the same direction or opposite directions (in swing-your-partner style). The person who is "it", as well as the runner, can be allowed to rest by linking an elbow with a pair and releasing a new player to be "it".

It's a highly competitive and yet very forgiving game, and it is a particularly good game for young children and adults to play together.

All eggs may be used in this recipe.
No special ingredients are needed.

This game provides a good introduction to a few variations of tag games.
It has often been billed as the world's fastest game.

There are two basic rules to follow: 1) Everybody is "it". 2) When a player is tagged he/she is frozen. The game begins with all players looking around and realizing that every other player is the enemy. Then, all together, have the children ask: "What's the name of this game?" When the answer comes, the game starts - and very quickly ends!

(Con't.)

Everybody's It
(con't.)

Variations:

Hospital Tag: The first time a player is tagged, he/she must keep one hand on the spot where he was tagged on his/her body. The next time, he/she must keep his other hand on the second spot. Three tags and they're frozen. The last person frozen is the winner.

Freezer - Defroster Tag: In this one, a tagged player must immediately freeze into a bent-over shape resembling a croquet hoop and stay that way until an untagged player manages to defrost him/her by crawling through the hoop.

Mounted Tag

Any number of Medium to Grade A eggs may be used.
No special ingredients are needed.

One child climbs onto a partner's back (someone his/her own size), then they chase others in the same position. As this game requires exertion it should not be played too long and you must see that the partners change positions about every minute. You must also watch out for accidents and use safety precautions.

Simple Tag

All eggs may be included in this recipe.
No special ingredients are necessary.

In simple tag, as in most other tag games, there can be more than one person "it", if you want more activity and more students busy. "It" runs after anyone on the floor and tags him/her. The tag is made by the hand and there can be no tackling or rough play. The person tagged can touch someone else but he/she cannot directly retag the person who tagged him originally.

Variation: Skipping, hopping, jumping, etc.

The variation is the same as simple tag except everyone must hop on one foot, or jump along on both feet. Anyone who does not jump or hop becomes automatically "it". This form of tag is often more strenuous and should not be played as long as simple tag.

Two or Three Deep Tag

All eggs may be used in this recipe.
No special ingredients are needed.

Form two circles. The players on the inside circle turn out and those on the outside circle turn in. Have a chaser and a runner. The player being chased may run around, between, and inside the players forming the two circles to avoid being tagged. He/she may then jump between the two players and whoever he/she faces must take his/her place and be chased. If he/she is tagged he/she must chase the other player.

Triangle Tag

All eggs may be included in this recipe.
No special ingredients are needed.

To start, three players in each group hold hands in a triangle, facing each other; one volunteer to be the target. The fourth player stands outside the triangle as the chaser.

The object of the game is simple--the chaser tries to tag the target. However, the dynamics of the game are unique: The three players in the triangle all cooperate to protect the target by moving and shifting, and the target cannot be legally tagged on the hands or arms or from across the triangle.

If you want to make the game more challenging for the target protectors and a bit easier for the chaser, the people in the triangle can keep their hands on each other's shoulders. If the players number a baker's dozen, you can have one chaser and four triangles, each with a target, or two pentagons and three chasers.

Stealing Lives

All eggs may be used in this recipe.

Special Ingredients: Material to use for bands.

Each player has a color band or a handkerchief tucked into the back of his pants, so that at least half of the band is showing. Teams face one another from each end of the playing area. On the signal to start they scatter and each player tries to steal the band (life) of a player or players of the opposing team. After a short time, the play is halted, players return to lines, and stolen lives are counted to determine the winning team. Lives are then returned and the game is continued.

Chain Tag

All eggs may be used in this recipe.
No special ingredients are needed.

Players are scattered about the playing area. Two players are chosen to be the taggers. The taggers link hands and attempt to tag other players. All players tagged join hands and become part of the chain. Only the end players are allowed to tag. Runners may crawl under the chain to avoid being caught. The game continues until all the players are tagged.

Variations:

Chain Tandem Tag: Same rules as chain tag, except the person caught hangs onto the waist of the one in front, instead of joining hands. The front person, because only he/she has hands free, is able to tag.

Two or Three Chaser: Two or three people link hands and begin chasing everyone else. When someone is tagged he/she joins the group and when four are in one group, they split up and chase someone else. As each group catches its fourth person, they split up into groups of two and so on. When the last person is finally caught, there will be several groups of two or three persons chasing him.

Iron Tag

All eggs may be included in this recipe.
No special ingredients are needed.

This game is the same as simple tag, except that if the person is able to touch something iron before he/she is tagged, he/she is safe. As soon as someone else touches the iron he/she is on, he/she has to leave and find some other place. This game could use other objects in place of iron.

Variations:

Tree tag
Leader tag

Tag Variations

All eggs may be included in this recipe. No special ingredients are needed.

Frozen Tag

One person is "it"; he/she tries to tag the other players. If he/she tags a player, that player must stand with his/her legs spread so that one of the other players can crawl under him/her and free him/her. With a large group there can be more than one "it".

Swat Tag

Special Ingredients: Rolled Newspaper

One or several children are given long wrapped pieces of cloth or rolled newspaper and chase the other children. If they hit or swat another child with it, the child becomes "it" and takes the swat. Warn the children not to hit around the head. This can also be done in circle formation.

All eggs may be used in these recipes.
No special ingredients are needed.

Walking Tag:

Everyone must walk instead of run. Anyone who runs or does something other than walk is "it".

Stiff Knee Tag:

Everyone must move with stiff knees. They cannot bend their knees or they are "it".

The Penguin Reverse:

"It" attempts to catch any one of the players. All players must run or walk backwards and the first player caught changes places with "it".

The Stork Tag:

Runners must stop and stand on one foot to save themselves.

Tag Variations

Squirrel Nut Tag:

Players scatter about the area and pass an object representing a nut (ball, beanbag, etc.) from one to another. A player tagged while holding the object is "it".

Imitation Tag:

The person who is "it" can move anyway he/she likes and everyone has to imitate. If "it" crawls on all fours or hops, everyone else has to crawl on all fours or hop. Anyone who does not imitate is "it".

Line Tag:

Everyone must run along the lines on a gymnasium floor. The chaser and the person being chased must stay on the lines and anyone who loses his/her balance and steps off the line is automatically "it".

Inner Tube Relay

All eggs may be used in this recipe.

Special Ingredients: Six inner tubes (tire).

Players are divided into teams with each team comprised of about four couples. Each couple stands side by side in a straight line. When the signal to start is given, the first couple of each team steps into their inner tube and places it around their waists. They then turn back-to-back, holding on to each side of the tub. They start walking as fast as they can still back-to-back up to and around the judge (standing some distance away) and back to the starting line to the next couple on their team. Then they slide the tube off, stepping out of it and passing it on to the next couple. This continues until all couples have had a turn. The team that finishes first is the winner.

Links Relay

All eggs may be included in this game.
No special ingredients are needed.

There are times when the children you are working with have so much energy, they are difficult to control. This game is a life-saver in these situations.

Divide the participants into equally-sized teams and place your most active children in the front of the lines. The relay is run by having the first person run around a pylon placed about 20 yards away and then when he/she gets back to the group, they join hands with the next person in line, and go back. Later, when the pair runs back to the group a third person joins in and they all run again.

By the time the whole team runs as a group, the people in the front of the line are so tired, it will take some time before their energy level gets to a point where they might again become difficult to control.

Drop-The-Penny Relay

All eggs may be used in this recipe.

Special Ingredients: Bottles or small cups, pennies.

This game can be played either indoors or outdoors. The game is played with two teams, each having a bottle and a penny. Bottles are placed a distance away from players. The players are in line (one behind each other). The penny is given to the first person in line and he must place the penny between his knees and go drop it in the bottle using no hands. (If penny is dropped before it drops in the bottle, player must return to his starting place).

After the penny is dropped, the first person who drops the penny retrieves it and takes it to the next player in line, and so on.

The team finishing first is the winner.

Variation: Use more than one penny at a time.

Balloon-Popping Relay

All eggs may be used in this recipe.

Special Ingredients: Balloons for everyone.

Each player is given a balloon. On the signal "Go", the players blow up their balloons until they burst. The player whose balloon bursts first is declared the winner. This may be played in teams, in which case the winning team is the one whose balloons burst before the others.

Variations: Players form equal-sized teams. They line up and one at a time, race to a stash of balloons, blow one up, tie it, and then pop it. They then return to their line and the next player runs.

Chinese Balloon Carry Relay

All eggs may be used in this recipe.

Special Ingredients: balloons
sticks.

Line up teams in relay formation. Team players carry inflated balloons (or balls) between two sticks. Players cannot touch the balloons with their hands. If dropped balloons must be picked up with sticks.

- Variation:
- 1) Have two players run at a time, each holding a stick to support the team.
 - 2) Inflate the balloons with water.

Ball Skills Relay

All eggs may be used in this recipe.

Special Ingredients: large number of playing balls. All of the ball relays are presented to help children develop small muscle coordination and control.

- Basketball dribble to line and return
- Foot dribble to line and return
- Foot dribble in crab position
- Hand dribble in wheelbarrow position (partners)
- Dribble with foot in and out between Indian Clubs placed three or four feet apart
- Advance on all fours and push the ball with head
- Push the ball in and out of Indian Club line with the hands
- Couple any of the above races with the added task of rolling the ball down between the legs of the team (Team members standing astride)

Pass the ball over the heads of all the team members before running any of the above races.

Suck and Blow Relay

Any number of Medium to Grade A eggs.

Special Ingredients: Playing cards or manilla tags or construction paper cut into card-sized pieces.

This relay is a good mixing game or ice-breaker activity. It is played by dividing the participants into equally-sized groups of about 10-12 people.

The relay begins with the first player of each team placing the card to his/her lips and then inhaling or sucking on the card to keep it on his/her mouth. This person then turns to the second player of the team and positions the card, without using hands, over the second player's mouth, assuming of course that the second player is sucking or inhaling on the card to facilitate the transfer.

The first team that passes the card down the line and then back up the line to the first player is the winner. If a card is dropped, it simply gets placed back onto the person who was initiating the transfer (the person blowing on the card). This game, although its title may sound questionable, is a great deal of fun.

String and Spoon Relay

All eggs may be included in this recipe.

Special Ingredients: 1 spool of string/team
1 spoon/team.

Divide the participants into teams of about 10 players. Attach the spoon to each roll of string. The relay begins by the first person in the line passing the spoon down his/her shirt right through to his/her feet (through the pants and everything). The second person in the line then passes the string and spoon up his/her pants and out at the shirt collar. The third person then starts down his/her shirt once again and so on down the line.

Once the spoon has reached the end of the line, the action is reversed back through the line, slowly removing the string and spoon from everyone.

The winning team is the first that passes a rolled up ball of string and spoon back to the leader first. Older children really get a kick out of this game.

Orange Pass

All eggs may be included in this recipe.

Special Ingredients: One bag of oranges.

Although every child may be capable of playing this game, the Grade A eggs may find it to be the most appealing.

Divide the participants into equally sized teams with 8-10 people in each team. If the leader can have an equal number of males and females placed on each team, this game may run more smoothly. Place the participants in a boy, girl, boy, girl, etc., arrangement one behind the other.

The action begins with the first person placing the orange underneath his/her chin and then passing to the next person's neck. No hands may touch the orange during the passing sequence.

If a player drops the orange, he/she must pick it up and try again. The first team to pass the orange down the line is the winner

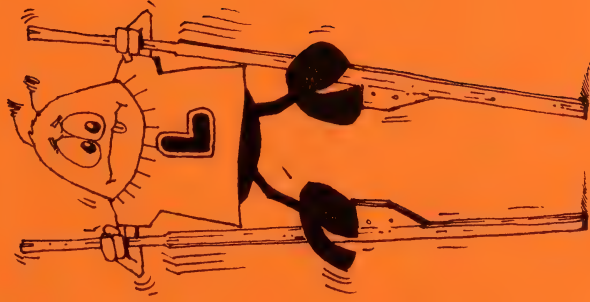
Variation: If orange gets dropped, it must be placed back on the beginning of the line.

Hip Relay

All eggs may be used in this recipe.
No special ingredients are needed.

Arrange participants into teams of about eight racers. Each team sits down on the ground with the players in a line one behind the other. The players grab one another around the waist so that they are all bunched quite closely together. At the start signal, the team must walk with their legs and hips across the ground to the finish line.

This race is very tiring because it requires a lot of movement that does not end up getting the teams very far, very fast, so the leader should not make the race length more than ten yards long.



Games And Stunts For Solos And Duets



Games and Stunts for Solos and Duets

One of the many ways children use to measure their improvement in the variety of the skills they learn as they grow up is to compare themselves with others and with their own past performances. The activities in this section not only meet this need of kids, they are, as well, a great deal of fun.

It is important to keep in mind that for the games that require two participants, the pairs that work together should ideally be of the same size and weight.

The children also enjoy watching the leaders attempt to perform some of these stunts. For those of you who are not too sure about your flexibility and physical versatility, it might be an idea to practise some of these activities before you try and get the children participating in them.

IMPORTANT REFERENCE

FOR FURTHER CLARITY WITH REGARD TO THE "RECIPES" THAT FOLLOW,
CONSIDER THE FOLLOWING AS BASIC GUIDELINES IN THE PREPARATION
OF SUCCESSFUL GAMES,

- SMALL Eggs :REFERS TO EARLY CHILDHOOD PARTICIPANTS (5- 8yrs.)
- MEDIUM SIZED Eggs :REFERS TO MIDDLE CHILDHOOD PARTICIPANTS(9-11yrs.)
- GRADE A Eggs :REFERS TO LATER CHILDHOOD PARTICIPANTS (12-14yrs.)
- ALL Eggs :REFERS TO ACTIVITIES SUITABLE TO EVERYONE

Hand Wrestle

Medium to Grade A eggs may be included in this recipe.
No special ingredients are needed.

Opponents stand facing, with feet well apart, left hand behind their back and right hands in handshake grasp. By pushing, pulling, and twisting, each tries to overbalance the other or cause him/her to shift either foot. Use left hands also.

Indian Leg Wrestling

Medium to Grade A eggs may be included in this recipe. No special ingredients are needed.

Partners lie on their backs, side by side, and with their heads in opposite directions. Each takes hold of his/her opponent's shoulder with the nearest hand. On the signal, each player raises his/her inside leg to the perpendicular and lowers it. This is repeated in rhythm three times. On the third time, each player hooks his/her around that of his/her opponent's and attempts to roll his/her opponent over backwards.

Still More Stunts
For One

All eggs may be included in this recipe.
No special ingredients are needed.

Straight leg walk to stand:

Walk forward toward hands, knees straight, hands to floor, then rise to stand.

Chicken Walk:

Position: Crouch, walk, holding heels, arms outside of legs.

Duck Walk:

Position: Crouch, walk, hold heels, arms between legs.

WOW!
More Stunts for One

All eggs may be included in this recipe.
No special ingredients needed.

Walrus Walk:

Walk on hands, drag legs.

Seal Walk:

Walk on forearms, drag legs.

Rocking Chair:

On stomach on floor, arch back, grasp toes and rock.

Stand-Off

All eggs may be included in this recipe.
No special ingredients are needed.

To play the game, two players stand face to face on a level surface at one arm's length. (If one player's arms are shorter or longer than the other's, split the difference.) The feet of each player must be side by side, smack together. The players present their hands with palms facing their partners. The object of Stand-Off is to cause the partner to lose balance, only by having contact with the hands.

If one player moves one or both feet while the other retains his/her stance, a point is given. If he/she lunges forward and wraps himself/herself around the other in an impromptu abrazo, that's also a point. If both of the players lose balance, then neither gets a point. The game is won by the player who scores two out of three points.

(Con't.)

Stand-Off
(con't.)

It is permissible to dodge and feint with hands, but at no time during the game may players make contact with any part of their partner's body other than the hands. If such contact is made, no penalties are imposed, but the offending player should reflect upon what is really going on.

Here's a version of Stand-Off inspired by the graceful martial art of aikido. The players start with their palms together and keep them in contact through each round. The object is still to make the other person lose balance, but no sudden moves are permissible. Played this way, the game becomes a beautiful slow-motion act that looks far more like a dance than a contest.

Rooster Fights

Medium to Grade A eggs may be used in this recipe.
No special ingredients are needed.

Divide the group into two even teams facing each other about 15 feet apart. Have each team count off. When the leader calls a number, the two players having that number go to the centre, hopping on one foot and holding the other foot with the opposite hand from behind. The two players then fight trying to knock each other down, to force the other to release his/her foot, or to force the other past his/her team line.

Each winner receives a point for his/her side. The team that first scores ten points is the winner.

Rooster Fights (con't.)

Variations:

- Call out more than one number. If there are more than 20 children in the group, have them count off by tens.
- Use positions other than the rooster, such as the drake where each side attempts to eliminate all of the opponents. The contest continues until one team has been entirely eliminated. Several players may concentrate upon one opponent.
- All players start simultaneously. The object of the contest is to see which player can win over all the other contestants. The player wins who last remains standing.

Chinese Tug-of-War

All eggs may be used in this recipe.
No special ingredients are needed.

Partners stand back to back, bend over at the waist and clasp one hand with their partner's hand between their legs. On a signal, each attempts to tug his opponent over a victory line or to the wall on his own side of the playing area.

The Stubborn Calf

Medium to Grade A eggs may be included in this recipe.
No special ingredients are needed.

One partner assumes the wheelbarrow position while the other acts as the pusher. On the signal, the pusher attempts to push the barrow across a victory line 15 or 20 feet ahead of the starting line. The barrow resists. A time limit is set and the pusher must be victorious in this time or lose. Game continues with the partners reversing the roles.

Toe Tilt

All eggs may be included in this recipe.

Special Ingredients: Large number of small sticks, 2" long.

Two players sit on the floor or ground facing each other with their knees bent, their feet flat on the ground, and their arms clasped around their legs. Under the knees and over the arms of each is thrust a wand or broomstick. At the signal, each player tries to lift, with his/her toes, the feet of his/her opponent. The one who succeeds, thus compelling his/her opponent to lose balance and roll over on his/her back, wins the contest.

Back Push

All eggs may be used in this recipe.
No special ingredients are needed.

Opponents are in elbow lock, back-to-back standing position, or elbow lock, back-to-back hook sitting position, and try to push each other over a line in front of each set of toes.

Thumb Wrestling

All eggs may be included in this recipe.
No special ingredients are needed.

Pair up all of the players with someone of equal size and strength, then ask the pairs to join right hands, not in a full handshake, but simply with their fingers. Some leaders may recall this type of grip as being the chicken grip.

The pairs then touch one another's thumb tips with their own thumb tips to start the wrestling match. From here on in, the object of the game is for one player to trap the other's thumb with his/her own holding it still for at least three seconds.

Once the players have tried the game with their right hands, let them attempt it with their left hands.

Arm Lock Wrestle

Medium to Grade A eggs may be used in this recipe.
No special ingredients are needed.

Partners sit back to back, knees bent, and arms locked at the elbow: one over and one under that of his partner. Partners then try to force one another's upper arm to the floor without having their own forced down.

Crab Wrestling

All eggs may be included in this recipe.
No special ingredients are needed.

Partners assume the crab position (both hands and both feet on the floor with the back facing the floor and seat not touching the floor). From this position each tries to make the other sit on the floor (touch his seat to the floor) and so gain a point. Bunting, dodging, shoving, etc., accomplish the victory. The winner is the player who earns the most points in a specific time. Players immediately return to the crab position after losing a point and the continues until the time limit is called.

One-Legged Hand Wrestle

Medium to Grade A eggs may be included in this recipe. No special ingredients are needed.

Two players should face each other, grasp right hands, and then each one should lift the left foot from the floor, standing entirely on the right. Each player then endeavors to maintain his own balance and to upset his opponent; that is, to make him touch either the left foot or the left hand to the floor. Doing either gives the match to the other player. Left hands are used simply for balancing and must not touch the person of either wrestler.

Twist the Broomstick

Medium to Grade A eggs may be used in this recipe.

Special Ingredients: Broom for each pair.

Two opponents stand facing each other and grasp a broomstick held horizontally, at face level between them. By slowly lowering the broomstick, the partners attempt to make the stick rotate in the other person's grasp.

Tiger Tails

All eggs may be included in this recipe.

Special Ingredients: Material to act as a tiger's tail.

Two opponents each tuck a piece of rag about a foot long into their belts behind their backs and then stand and face each other. Each player tries to remove the other's tail without losing his own.

Kangaroo Fighting

All eggs may be included in this recipe.

Special Ingredients: Piece of cloth such as handkerchief.

Partners face one another and cross their arms in front of their bodies. Between their ankles they hold an object or handkerchief. The object of the fight is to make one's opponent drop the object or handkerchief by butting, dodging, feinting attacks, etc.

Toe Boxing

All eggs may be used in this recipe.
No special ingredients are needed.

Partners face one another, bend over and place their own hands on their own knees. Each tries to step on the toes of his opponent from this position. Players can move about, feint attacks, dodge, in an attempt to step on toes of their opponents without having their own toes stepped on. The game continues for a specified time at the end of which the man with the greatest number of blows is declared the winner.

All eggs may be included in these recipes.
No special ingredients are needed.

Single Knee Touch:

Position: Standing, hold right foot behind hip with left hand.
Objective: Touch one knee to floor, return to stand.

Finger Touch:

Position: Standing, clasp left wrist with right hand behind back.
Objective: Back straight, bend knees to floor, touch finger to floor,
return to standing.

One Leg Sit:

Position: Standing on left foot, arms extended forward, right leg
straight forward, sit, return to start.

Stunts for One

All eggs may be used in these recipes.
No special ingredients are needed.

Cross Leg Sit:

Position: Fold arms, cross legs.

Objective: Sit, return to start without uncrossing legs.

Blind Balance:

Objective: Close eyes, maintain balance on one foot.

Forehead Touch:

Objective: Standing position, touch right foot to forehead, maintain balance.

All eggs may be used in these recipes.
No special ingredients are needed.

Knee Walk:

Walking on knees holding toes.

Toe Touch Walk:

Walk forward, keep legs straight, and keep fingers on toes.

Crab Walk:

Back horizontal to floor, hands back, walk forward or back.

Individual Tug- of-War

All eggs may be included in this recipe.
No special ingredients are needed.

Opponents stand on opposite sides of a line on the floor and grasp one or both hands, or one or both arms just above the elbows. On signal, each tries to pull his opponent over the line.



New Games And Parachute Games



Play hard, play fair, with nobody hurt.

It sounds simple enough, doesn't it? New games and parachute games have become very popular within the last 10 years. The credit for their success can be attributed to the element of fun, spontaneity and creativity involved in each game. In most instances, very little of the action that occurs with in these games is new to anyone. The minor adaptations to the rules, and the approach they take to playing a game though, makes them very refreshing and satisfying for all of the participants involved.

Both sets of games emphasize cooperation, imagination, a great deal of fun, and mandatory participation by all! How much more complete can any game be?

A number of these games have been taken from:

The New Games Book
Edited by Andrew Fluegelman
Double Day and Comp. Inc.
Garden City, New York, 1981

IMPORTANT
REFERENCE

FOR FURTHER CLARITY WITH REGARD TO THE "RECIPES" THAT FOLLOW,
CONSIDER THE FOLLOWING AS BASIC GUIDELINES IN THE PREPARATION
OF SUCCESSFUL GAMES.

SMALL EGGS	:REFERS TO EARLY CHILDHOOD PARTICIPANTS (5- 8yrs.)
MEDIUM SIZED EGGS	:REFERS TO MIDDLE CHILDHOOD PARTICIPANTS(9-11yrs.)
GRADE A EGGS	:REFERS TO LATER CHILDHOOD PARTICIPANTS (12-14yrs.)
ALL EGGS	:REFERS TO ACTIVITIES SUITABLE TO EVERYONE

Parachute Games

Even though parachute games are loved by all sizes of eggs, the small sizes have a tendency to want to be under the chute all the time. To be successful, you may need a mixture of ages so you have larger size children available to hold the chute.

Siamese Soccer

All eggs may be used in this recipe.

Special Ingredients: Large number of ties, one soccer ball

Set up for a regular game of soccer: teams, goals, boundaries, etc. You might want to make the field a bit smaller, though, and have about 20 players on each side. The only modification of regular soccer rules is that the players on each team have to pair up and tie their ankles together in three-legged race fashion. The ball can be kicked with either the free foot or the two-legged foot. The goalie might be comprised of two people tied back-to-back at the waist.

You'll probably spend a lot more energy galloping around the field with your twin than you will actually chasing the ball.

Variations: Why not use a rubber football from a variety store; or have two balls - one for each team - going simultaneously, three teams, one goal in the centre. Try anything.

Spirals

All eggs may be used in this recipe.
No special ingredients are needed.

To begin, everyone joins hands in a circle. One person then releases the hand of his/her neighbor and, pulling the giant human rope behind, begins to walk around outside of the circle. The other person who broke the hand clasp remains in position.

The chain of people spirals 'round and round' the stationary person, drawing everyone into a tighter and tighter coil until all the players--still holding hands--are wrapped around each other.

The best way to unfold the spiral is from the centre. Still holding hands the person to the middle ducks down (everyone will have to make a little room for him/her) and begins to crawl out through the forest of legs. The whole group follows down and through, magically uncoiling. When the spiral is all unwound, everyone should be in a circle again.

Pru i

Medium to Grade A eggs may be used in this recipe.
No special ingredients are needed.

Choose one child in the group to be the sighted Pru i. Have all the other children close their eyes. The object of the blinded children is to find Pru i with their hands. Another characteristic of the Pru i is that he/she cannot speak. When blinded child bumps into Pru i, he/she will know it because no response is given to the question "Who are you?" Once a child has found Pru i he/she can open his/her eyes and join hands to become part of Pru i. Point out to the children that after finding Pru i they can only join the end of the line. If they bump into clasped hands, for example, they must feel their way to one of the ends and hold on to a free hand. Once everyone is part of Pru i, and had his/her eyes open, have the children let out a big cheer.

Wink Murder

12-20 Medium to Grade A eggs.
Special Ingredients: Paper.

Start by assembling a cast of characters for the mystery and select a killer. Players can choose pieces of paper, one of which is marked with a cross to signify the killer, or they can close their eyes, placing thumbs together, and have someone who is not playing choose the killer by squeezing one set of thumbs. Once the killer is chosen, it's simply a matter of whether he/she will murder all the other players before being caught in the act.

The killer can murder his/her victim by a simple wink of the eye directed at an intended victim. As the game gets underway, the players mingle, exchanging furtive glances. If anyone is winked at, he/she has just been murdered.

The victim then has the opportunity to do his/her favorite death scene. Since it's important that the whole group knows who has been eliminated, the victim is encouraged to crumple, stagger, and gasp as part of the dying act. To keep the killer's identity from being too obvious, though, there should be a three-to-five-second delay between the wink and the death throes.

(Con't.)

Wink Murder (con't.)

For the survivors, the situation is becoming more grim by the moment. Their companions are dropping all around them. They had better discover the murderer before they, too, are eliminated from the game in a wink. If anyone suspects the killer's identity, he/she says, "I have an accusation!" However, a single accusation does not suffice in this game; unless someone else says, "I second the accusation," they must continue playing.

If another suspicious soul does second, the two accusers count to three and point to the player they each think is the perpetrator - no conferences allowed. If they both point to a suspect who's innocent, or if they both point to different suspects (even if one of those suspects is guilty), they're dead on the spot because of inept detective work. If, however, they both point to the true killer, he/she makes a complete and remorseful confession, and the crime of the century is solved.

If all this murderous activity is offensive, you can change the fantasy and play Lovers with romantic swoons instead of death throes.

Go Tag

Any number of Medium to Grade A eggs may be used.
No special ingredients are needed.

Have the children squat in a line, with alternate players facing opposite directions. (Think of the line as the central axis, and imagine an oval track running around the line.)

The child at one end of the line will be the first runner. He/she may run around the track in either direction. The child at the other end will be the first chaser. He/she may start running either clockwise or counter-clockwise, but may not switch directions once started. The object of the game is for the chaser to tag the runner.

(Con't.)

Go Tag (con't.)

What keeps this from becoming just a steep lechase game of tag is that the chaser works with the other people squatting in the line. As the chaser goes, he/she can tap the back of any squatting player and shout, "Go!" The tapped player steps forward to begin the chase, while the old chaser takes the squatters place in the line. This maneuver is called the "Go Tag", and makes the chaser a group entity, able to cross over the centre of the line and change the direction of the chase.

When you first play the game, practice the Go Tag maneuver a few times so that everyone understands how it works. Then start playing more seriously, exploring the strategies that the chasers can use. The key to this game is to change chasers frequently and rapidly enough to catch the runner off guard. Running speed is not as important as reflexes and quick thinking.

When the runner is finally tagged, he squats at one end of the line, the person who tagged him becomes the new runner, and the person at the other end of the line becomes the starting chaser for the next round.

Any number of Medium to Grade A eggs.
No special ingredients needed.

The cast of jungle characters in this game shifts so quickly that it's hard to keep track of who everyone is supposed to be. The real fun is in leaving our everyday world for faraway places.

The jungle world is made up of elephants, palm trees, and monkeys, each represented by a three-person pose. An elephant is composed of one person who turns himself into a long trunk, and two other players, one on each side, who become large floppy ears. A palm tree has a tall trunk that reaches for the sky, flanked by two arching branches. Monkeys always travel in threes, and when confronted, they assume the classic "Hear No Evil, See No Evil, Speak No Evil" pose.

Before beginning to play, form a circle and practise making the three characters. Players should learn all three roles that go into each character's pose.

(Con't.)

Elephant/Palm Tree/
Monkey
(con't.)

The game begins when one player steps into the centre of the circle to be the spinner. He twirls around with his/her finger pointed while the rest set the mood by making jungle sounds. The spinner comes to a halt with his/her finger pointing at one player and he/she calls out the name of the characters.

The person pointed to must assume the central part of that character's pose and the players on either side must complete the picture. All three have to strike the pose before the rest of the group can shout, "Elephant, palm tree, monkey!" The person who gets most fouled up by making the wrong move or by making a late move, gets to be the spinner for the next round.

If jungles don't fascinate your group, try creating other fantasy settings--a farm, a mountain top, a city park--and populate them with any three characters made up of three posing players. You can make the game more challenging by adding characters, increasing the number of people required for each pose, or using more than one spinner in the centre of the circle.

All eggs may be used in this recipe.
No special ingredients are needed.

This game is played in a kingdom inhabited by three very different types of beings: the giants, who stand on their toes, stretch their bodies as tall as possible, spread their arms, look very, very fierce and shout "Giants!" as loudly as they can; the elves, who squat down and pull in their shoulders and generally look very, very tiny as they barely peep their name; and the wizards, who stand hunched over with their hands thrust forward in the best spell-casting fashion intoning their name, "Wizzzzzzards", in as wierd and magical a manner as you imagine.

The politics of this kingdom are such that no one of the three kinds of beings is absolutely more or less powerful than all the others. The giants are, of course, very strong and can easily overpower the tiny elves; however, the giants are also rather stupid, and thus are easily fooled by the wizards' sorcery. And although the puny elves can be overcome by the giants, they are rather clever and can trick the wizards into casting the wrong spells. The wizards can fool the giants, but not the wily elves. So--giants beat elves, who beat wizards, who beat giants.

(Con't.)

Giants, Elves, &
Wizards
(con't.)

Once the children have practised each of the characters in the mythic drama and remember their pecking order, they're ready to play the game. Form two teams, each with a goal line at either end of a field about fifteen yards long. Each team retires to its goal line, goes into a huddle, and decides which of the three characters its members will portray.

The teams then face off in the centre between the goals and start a four-part chant. On the first three counts, everyone says, "Giants, elves, wizards", assuming the proper voice and stance for each character. On the fourth and final count, each team shouts the name of its chosen character while taking the appropriate posture.

If you end up with elves facing giants, the giants can capture the elves by tagging them as they run for safety behind their own goal line, or it could be elves chasing wizards or wizards chasing giants. Any player who is tagged by the overpowering team before reaching his goal line becomes part of that team. (To deal with the possibility of both teams choosing the same character, each team should also select an alternate for each round so that there can be a new face-off without going back into a new huddle.) Play until one team engulfs the other.

Skin the Snake
(or the Nerd Game)

Medium to Grade A eggs may be used in this recipe.
No special ingredients are needed.

This activity may be done with any number but works best with about 20 to 25 players per team.

Have the children line up one behind the other, then have them bend over and reach between their legs with their left hand grabbing the right hand of the child behind them. Once all hands are securely held the action begins. At a given signal, have the last child in the line lie down on his/her body and lie down on his/her back. The next child in line should back up, straddle the first child's body and lie down on his/her own back behind the first child, still holding hands. Have the line continue in this fashion until the whole team has moved backward over the growing line of prone bodies and slipped into place.

(Con't.)

Skin the Snake
(or the Nerd Game)
(con't..)

When the last person to lie down has touched his/her head to the ground, have him/her get up and start forward again, pulling everyone else up and along. In this manner the group will "Skin the Snake!"

Variation: Two teams can be formed and the activity given a competitive air to see which team can skin the snake the fastest.

All eggs may be used in this recipe.

Special Ingredients: Rope, small stumps to squat on.

This game is sure to prove that "the harder they come, the harder they fall". If children like one-on-one competition, here it is--along with a real surprise as to what gets you off your pedestal.

Pedestals are about six inches high and small enough so that players can't move their feet without losing balance. (A very good mount might be a block of wood or styrofoam, a tree stump, or try an overturned pot of the cooking, flower, chimney, or even chamber variety.)

Players squat down on their platforms, which are set about six feet apart, each holding one end of a rope about one inch in diameter and at least fifteen feet long. The excess rope lies coiled between them--but not for long.

(Con't.)

Hunker Hawser
(con't.)

At the starting signal, the players begin reeling in. The object is to unbalance an opponent by tightening or slackening the rope. Sound simple? "Oh, I'll just give a good pull and. . . ." Suddenly, when one opponent relaxes his/her hold, and the other goes over in a spectacular backward somersault--defeated by his/her own energy. In fact, the more aggressive a player becomes, the more vulnerable he/she is. The whole idea of how to win becomes as topsy-turvy in this game as the chamber pot on which the players stand.

Variations: Try three people and a Y-shaped rope. . . or lots of hunkers and a circular rope.

Lap Sit

All eggs may be used in this recipe.
No special ingredients are needed.

Have all the children stand in a circle shoulder to shoulder, then have them turn to the right and very gently have everybody sit down on the lap of the person behind them.

Two methods may be used to get into this position. The slow and easy method is to have one person lie on his/her back with his/her knees bent. Have the next child sit down, forming a chair for the next child to sit on, and continue this process until the whole circle is seated. The crucial moment is when the child on his/her back is hoisted up onto the lap of the child behind. The result--a sitting circle.

The fast reckless method is for everyone to sit on their neighbor's lap at precisely the same moment. This is very impressive when it works and a spectacular flop when it doesn't. Once everyone is comfortably seated, try having them all wave their arms, or raise one leg.

Catching the Dragon's Tail

All eggs may be included in this recipe.
No special ingredients are needed.

A dragon is formed by grouping the players into a long line, each with his/her hands on the hips of the one in front of him. The first in the row is the dragon's head. The last person is the dragon's tail, eager to lash to the right and left in order to escape the head. Until the signal "go" is given, the dragon must be a straight line. Someone in the group counts - E! (one), ER (two), SAN (three), KO (go). On the signal "go", the head runs around toward the tail and tries to catch it. The whole body must move with the head and remain unbroken. The minute anyone lets go of the shoulders in front of him, the dragon's body is broken and he dies. A new dragon must then be formed.

If the head player succeeds in touching the tail, he may continue to be the head. If the body breaks before the head catches the tail, the head becomes the tail and the next in line is the head and so on until each one has had a chance to be a fiery dragon's head and lashing dragon's tail.

Caterpillar

All eggs may be used in this recipe.
No special ingredients are needed.

The players of each team lie side by side, face down. The last man in each team should be distinctively marked. At the starting signal, the first player starts rolling over all the members on his team. As soon as the first has rolled over the second child, the latter can start rolling. The relay continues until the last child in line who is distinctively marked has rolled over all the members on his team. The team that finishes first is the winner. Mats should be used if this event is conducted indoors.

Islands

All eggs may be used in this recipe.

Special Ingredients: A number of frisbees.

Place a few frisbees on the ground, and have everyone start prancing around them, while clapping and chanting or singing. When the referee signals "Islands", everyone runs to touch a frisbee. The last person to get to a frisbee is out. The important feature is that if any two people touch in the process of scrambling for the frisbees, they're both out of the game. As the group gets smaller, reduce the number of frisbees until there are only a few people ready to pounce on a single plastic platter.

Another version of this game is simply to see how many people can touch a frisbee without touching each other.

Parachute Conditioning Games

All Medium to Grade A eggs may be used.
Special Ingredients: One Parachute.

Conditioning Activities

(Isometric and Isotonic)--Perhaps the most beneficial use of the parachute is in developing physical fitness, and this is especially true in terms of improving strength and flexibility of the arm and shoulder girdle muscles. The following are popular exercises performed with the parachute.

Bicep Builder

With one leg forward, students plant their feet firmly and lean back, using palms up grip, with arms almost fully extended. On a signal to begin, students pull the chute towards themselves without moving their feet or jerking the chute. The pulling should continue as hard as possible for six seconds. Teacher should count aloud and offer encouragement for holding it. Use palms down grip for variation.

(Con't.)

Parachute
Conditioning Games
(con't.)

Wild Horse Pull

Students turn with back to the chute and grasp the edge of the canopy with a palms grip down. With one foot forward and one back, they plant their feet firmly on the ground and lean forward. On a signal (whistle), they should pull as hard as they can. The leader may wish to make team competition out of this exercise by seeing if one half of the parachute can pull the other half in their direction.

Straight Arm Pullover

The starting position is with the parachute held at waist level using a palms down grip. Feet are shoulder distance apart and on a signal to begin, the arms are extended slowly overhead. Participants should breathe in slowly in rhythm with the arm lift. At the point of full extension, the arms are slowly lowered to starting position and participants should exhale. This complete action is repeated at an even tempo for a given number of repetitions.

(con't.)

Ball Circle

Place a basketball or a cage ball on the raised chute. Make the ball roll around the chute in a large circle, controlling it by raising and lowering the chute. Two balls may be used.

Put the Ball in the Centre

Two plastic balls are placed on the chute which is held waist high. Each team tries to shake its ball into the centre pocket and keep other teams from putting its ball in the centre pocket. A point is earned each time a team puts its ball in the centre pocket.

(Con't.)

Parachute
Conditioning Games
(con't.)

Poison Snake

Place four to six Olympic jump ropes on the chute. By shaking the chute, try to make them hit the players on the other side, who have a point scored against them for each touch. Players with the lowest score are the winners.

Popcorn

Place a number of bean bags on the chute. Shake the chute to make them rise like popping corn.

Team Ball

Divide the chute players in two groups, so that each team defends half the chute. Using two to six balls for variety, try to bounce the balls off the opponent's side, scoring one point for the attacking side.

(Con't.)

Circular Dribble

Each child has a ball for dribbling. The object is to run in circular fashion counterclockwise, holding onto the chute with the left hand and dribbling with the right hand, retaining control of the ball. The dribble should be started first. On a signal, each then starts to run. If the ball is lost, the child must recover it and try to hook on at his original place. The direction may be changed so that dribbling is with the left hand.

Running Number Game

Have the children around the chute count off by fours. Start them running lightly in a circular fashion holding the chute in one hand. Call one of the numbers (one-four). Children holding the number immediately release their grip on the chute and run towards the next vacated place. This means they have just put on a burst of speed to move ahead to the next vacated place.

Parachute
Conditioning Games
(con't.)

Number Race

The players on each team count off consecutively. The parachute is inflated and the teacher calls a number. The student on each team whose number is called must travel around the outside of the chute and return to his place before the centre of the chute touches the floor. One point is scored every time a student accomplishes this feat. Running, skipping, hopping, walking, or any other type of locomotor movement can be used in this game.

Kite Run

One half of the children hold the chute on one side with one hand. The leader points the direction they are to run and they do so, holding the chute aloft as a kite.

(con't.)

Parachute
Conditioning Games
(Con't.)

Number Exchange

Each player is assigned a number. The parachute is inflated and two numbers are called. The players on each team whose numbers are called exchange places with teams under the chute. Running, skipping, hopping, walking, or any other type of locomotor movements can be used in this game.

Mouse Trap

Six or eight children are selected to be the mice. The other children inflate the parachute and the mice run in and out between the children holding the chute. When the leader yells, "Run across", the mice attempt to run across the circle before the children holding the chute trap them. The mice that are caught join the others holding the chute.

(con't.)

Parachute
Conditioning Games
(Con't.)

Mountain of Air

Children hold the parachute, palms down. On instruction, they squat down as low as possible and make the parachute as flat as they can. They then run quickly to the centre, raising their arms and hands over their heads forming a dome.

Shaking Rug and Making Waves

Shaking rug involves rapid movement either light or heavy. Making waves involves a large movement to send billows of cloth up and down like waves. Waves can be small, medium or large. Children can alternate turns to see who can make the best waves.

Ghost Town

Starting in the forward bend position, children inflate the chute on command. They take three steps forward toward the centre, stand still, let go of the parachute and allow it to settle down on them.

All eggs may be used in this recipe.
No special ingredients are needed.

This is a very simple game. A lot of fun for the little ones. Position everyone around the parachute, holding it at waist level, and sitting down. Get everyone to start making big waves. Ask one or two children to take off their shoes and to walk out onto the planet, trying to keep their balance against gravity. It's a lot of fun, and not as easy as it sounds.

Variations: Cloud Walking--have the children do the same activity only they are walking on clouds--have them try to catch a cloud.

Fox and Geese

All eggs may be used in this recipe.
No special ingredients are needed.

Children form a circle and make waves from a sitting position. The leader then picks out two children, one to be the fox, and the other to be a goose. The fox's territory is all of the area on top of the parachute (so he/she should wear socks only) and the goose's only protection is the waves that are made for he/she is hiding underneath the parachute.

The object of the game is for the fox to catch the goose and this must be done in a gentle tackle-like fashion. Most kids love this game.

Shark

All eggs may be included in this recipe.
No special ingredients required.

The children sit on the ground in a circle holding the parachute to their hips. One child is selected to be the shark. This person crawls under the parachute. Once he/she is underneath, the rest of the players begin to make waves by lifting the parachute up and down quite rapidly.

Once the waves begin, the shark can initiate his/her attack. The attack is done by pulling the players around the circle on the feet.

Once someone has been attacked they must scream (in agony) and dive under the parachute. Once underneath, they become sharks, too.

People Pass

All eggs may be included in this recipe. No special ingredients are needed.

The group members lie on their backs, shoulder to shoulder, but alternately facing opposite directions.

The end person stands with his back to the line and lies back on the group's up-stretched hands. (The leader usually needs to help spot). The group carefully and slowly passes the body down the line. The person should keep as stiff a body as possible. Once the person reaches the end of the line and lies down, the group starts with another body from the other end.

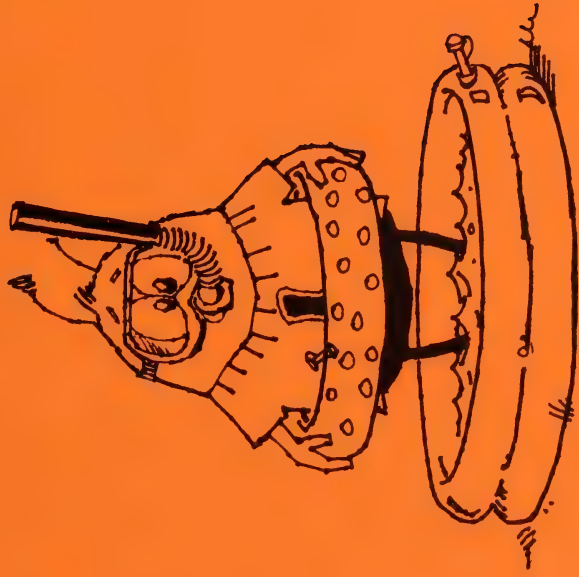
NOTE: Will require large size (larger children) to pass the people, down the line. This manoeuvre does take some strength.

All eggs may be used in this recipe.
No special ingredients are needed.

Here is a chance to experience consciousness at the cellular level. A lot of children will be needed for protoplasm, a cell wall, and a nucleus. Protoplasmic people should be those who don't mind being close. Those who like to contain themselves (and others) would make a good cell wall. They should surround the protoplasm, facing outward, and link elbows. Someone with good eyesight and the ability to keep on top of things should be the nucleus, seated on some shoulders of the protoplasm. Now you are an amoeba!

The amoeba should try to move as one unit. A rhythmic chant might be helpful for coordinating movements. (What sort of sound does a one-celled creature make?) Now try a little cell division. Split groups in two, hoist up a second nucleus, and see which amoeba gets to the other end of the field first.





Wet And Wild Water Games



Wet & Wild Water Games

Use water on hot days. The kids enjoy the relief from the heat. Do try to avoid overdoing activities such as the water slide though. A program with a wide variety of activities and games will generally be more appreciated by the children.

Since these games can incorporate participation by everyone, try to get all the children involved.

IMPORTANT
REFERENCE

FOR FURTHER CLARITY WITH REGARD TO THE "RECIPES" THAT FOLLOW,
CONSIDER THE FOLLOWING AS BASIC GUIDELINES IN THE PREPARATION
OF SUCCESSFUL GAMES,

- | | |
|-------------------|---|
| SMALL EGGS | :REFERS TO EARLY CHILDHOOD PARTICIPANTS (5- 8YRS.) |
| MEDIUM SIZED EGGS | :REFERS TO MIDDLE CHILDHOOD PARTICIPANTS(9-11YRS.) |
| GRADE A EGGS | :REFERS TO LATER CHILDHOOD PARTICIPANTS (12-14YRS.) |
| ALL EGGS | :REFERS TO ACTIVITIES SUITABLE TO EVERYONE |

Poison Tag

All eggs may be used in this recipe.
No special ingredient is needed, other than a pool.

This is similar to the land version of poison tag. In this instance, two players are designated "it", while everyone else must, in order to be safe, be either floating, sculling or finning. Anyone not performing one of these skills in the pool is eligible to be caught.

Once caught, the players must stand with their legs split apart, only becoming free when someone else who has not been caught can swim beneath their legs.

Another variation to play with could be that once the players become caught, they become "it" as well. As soon as everyone is caught, they may then want to play the game once again.

Water Dodge Ball

All eggs may be included in this recipe.

Special Ingredients: One Nerf ball, pool.

This simple game serves to assist children in being able to put their heads underwater. The only way they can be safe is to put their heads underwater.

Once caught, by being hit by the ball, they may become "it", or the leader may want to include a rule similar to poison tag where players may become free when another free player swims beneath their legs.

Drop the Puck

All eggs may be used in this recipe.

Special Ingredients: One hockey puck, pool.

This game is a take-off of the land game, "Duck, Duck, Goose". It is played by the players first getting into a circular formation. One player is designated "it!" He/she then swims around the circle and drops the puck behind one of the players. Once the puck is dropped, the "it" person begins swimming rapidly around the circle. The other person whom the puck was dropped behind must dive down to retrieve the puck and then attempt to catch up to the "it" person. The race goes on until "it" is tagged or until "it" reaches the vacant space around the circle.

If "it" arrives before he/she is tagged, the other player becomes "it" and starts the game once again.

Water Exchanges - (The Water Cup Pass)

All eggs may be used in this recipe.
No special ingredients are needed.

For a refreshing spray on a hot, sunny day, give Water-Cup Pass a whirl. For Water-Cup Pass, players stand in a circle with an empty paper cup in their teeth. One player's cup is filled with water. This person begins by pouring his/her water into the next person's cup. This water-passing process continues all the way around the circle. For more involvement, more players can start with filled cups or smaller circles can be formed.

All eggs may be included in this recipe.

Special Ingredients: Long piece of plastic sheet (6mm)
One garden hose and water access.

Do not build a water slide on any hard surface. Grassy ground is soft and safe for active play. Spread the plastic sheet over the grass smoothly. Hold the top end of the plastic down with any weight, such as big stones or a scrap (splinter-free) piece of wood. Place a lawn sprinkler along the side of the plastic sheet and turn on the water so that spray falls on the plastic. When the plastic is completely wet, you are ready to start your slides. Keep the sprinkler on for as long as you play. One warning! Every half hour, move the plastic sheet to an alternate location so that the grass underneath will not get cooked by the sun. Putting liquid soap in the slide will let the children slide faster!

Egg Toss

All eggs may be used in this recipe.

Special Ingredients: Small balloons, water

Players are in partners and form two lines about three feet apart.

Players gingerly toss the eggs (balloons with about a cup of water inside them) to their partners. The eggs are tossed back. After each round (one throw for each player), all players with their balloon intact are the winners (and dispose of their egg as they see fit!)

Variations: Leader might ask the players to take one step away from each other after each successful transaction. The balloon that is thrown the farthest without breaking is the winner.

Or, how about using real eggs?

Steal the Sponge

Any even number of eggs may be used in this recipe.

Special Ingredients: Bucket, sponge, water.

Form two lines with players facing each other. Have the two teams lined up facing each other with about 25 feet in between them. Players on each team are numbered and the players' numbers are diagonally opposite each other. The bucket with water and a sponge is placed in the middle of the two teams. The leader then calls out a number and the two corresponding players run in the centre and try to get the wet sponge before the other player. Once someone has the sponge the objective is to hit the other player. Remember only ONE throw is allowed.

Melon Scramble

All eggs may be included in this recipe.

Special Ingredients: One to three greased watermelon(s), one pool.

The leader simply greases the melon(s) with vaseline and throws them into the pool. The winner of the scramble is the person who manages to bring the melon to the side and out of the pool.

Make sure your lifeguards are at hand for this event.

Variations: Any number of items may be used for pool scrambles.

e.g. Pennies

Ping-pong balls

Larger balls

Hockey pucks

Toys, etc.

Corks

Quadrant Game

All eggs may be included in this recipe.

Special Ingredients: Pool, large number of balls, soft toys, etc.

The leader begins by roping off the pool into four equally-sized sections. He/she then places a large but equal number of assorted balls and toys into each one of the quadrants.

The participants are then divided into four equal groups and placed into each one of the quadrants. At the sound of a whistle, the players begin by trying to toss all of the toys from their quadrant into any one of the other three quadrants.

At the sound of a second whistle, the action stops and the quadrant with the smallest number of toys in it is the winning quadrant.

NOTE: Participants should be encouraged not to throw the objects hard, and any heavy or hard objects should not be allowed into the pool.

Three Man Swim

All eggs may be included in this recipe (should be able to swim, however), No special ingredient other than a pool is needed.

Most people are aware, at least if they have had any background in swimming, what is required to perform a front crawl.

The following is an adaptation of the front crawl and is done so breaking down the components of the stroke and using three people to perform the movement rather than one.

Each person in the team of three is responsible for one of the following body parts: arms, body, legs. The front person will naturally perform the arm movements. The second person shall grab the ankles of the person doing the arms and hang on. This is the body. The third person will then grab the second person's ankles and begin to kick.

With some practice, the teams will soon be able to race with one another in this wacky version of the front crawl.

Legs Relay

All eggs may be included in this recipe.
No special ingredient other than a pool is necessary.

Once children learn how to swim underwater, it becomes one of their favourite pastimes in the pool. The following relay incorporates underwater swimming for distances that are really up to each child.

The leader divides the group into teams of about five or six people. While one person gets ready to start, the remaining players line up behind the other and open their legs. At the start signal, the first person must swim underneath the legs of the person in front of him. Once he/she completes the swim he/she takes a place at the end of the line and opens his/her legs too. Then the second person closest to the front of the line begins his/her underwater swim. Once the team reaches the opposite side of the pool, it is finished.

The farther apart people stand, the farther the person swimming underwater will have to go. Line length may be shortened for poorer swimmers.

Sail Boat Races

All eggs may be included in this recipe.

Special Ingredients: Balloons, ping pong balls, pool.

This is not only a swimming race, it is also an endurance test of sorts. The children should each be given a balloon or ping pong ball before the start of the race. At the leader's signal, they begin by blowing their balloon or ball across the pool. Depending upon the distance of the race, this can be quite a difficult task.

As a variation, the leader may want to use groups of children teamed together to blow their "boats" across the pool.

Inner Tube Waterpolo

Twelve to twenty Medium to Grade A eggs.

Special Ingredients: Tire, inner-tubes for all players, one playing ball, pool.

Divide the players into two equally-sized teams. All players should be sitting inside their inner-tubes in order to touch the ball when in play.

From this point on, the rules of regular waterpolo take over. This form is a lot less vigorous and competitive than the original version, though, and most people find the inner-tube variety a lot more fun.

Squirt

All eggs may be included in this recipe.

Special Ingredients: One spray bottle (e.g. Windex)

Have players sit in a circle with backs facing out. One player is chosen to be "it". "It" goes around the circle and squirts another player on the back. The player who has been sprayed then gets up and runs around the outside of the circle. "It" then has the chance to follow the runner and try to spray him/her. This is a good game to play on a hot sunny afternoon.

Log Chute

Fifteen to twenty eggs of any size.
No special ingredients other than a pool or lake are needed.

Designate one person as the log. The others find partners and then stand facing that partner in a line. The result should be two long lines of people facing one another.

They then hold hands with their partner facing them and begin to move their hands in a circular motion just below the water.

The instructor then places the rigid log on the hands, moving in the circular motion. The waves created by this movement should propel the person down the line.

NOTE: The log chute experience should be made available to everyone in the group as it is a lot of fun.

This activity is very similar to the people pass that may occur on land.

Comic Book Relay

Any number of Grade A eggs may be used.

Special Ingredients: Comic books, pool.

This relay may be used for the more advanced swimmers in your group. The object of the relay for the children is simply to swim on their backs while reading a comic and propelling themselves to the other side of the pool with their feet only. Once there, another member of their team takes over and swims back.

The winning team in the relay is that team which finishes first with the driest comic book. Leader discretion may be required here.

Teams should not have more than five members.



Initiative And Nature Games



Initiative and Nature Games

These kinds of activities generally require the use of more structure and clearly-laid-out instructions by the leader.

In acclimatization games, the general purpose behind their implementation is to create an awareness and appreciation of the natural world. They do not require an extensive knowledge of nature by the leader, but they should be taught with a strong preservation/conservation ethic.

In initiative games, a challenge is laid out to the participants. The participants will generally have to work together to solve the problem at hand and when they are able to attain success, their efforts spent are enjoyed all the more.

Both forms of games add a great deal of variety to any recreation programme.

IMPORTANT REFERENCE

FOR FURTHER CLARITY WITH REGARD TO THE "RECIPES" THAT FOLLOW,
CONSIDER THE FOLLOWING AS BASIC GUIDELINES IN THE PREPARATION
OF SUCCESSFUL GAMES,

SMALL Eggs	:REFERS TO EARLY CHILDHOOD PARTICIPANTS (5- 3yrs.)
MEDIUM SIZED Eggs	:REFERS TO MIDDLE CHILDHOOD PARTICIPANTS(9-11yrs.)
GRADE A Eggs	:REFERS TO LATER CHILDHOOD PARTICIPANTS (12-14yrs.)
ALL Eggs	:REFERS TO ACTIVITIES SUITABLE TO EVERYONE

5 - 12 Small-Medium Sized eggs
Special Ingredients: String

In this activity, the leader asks the children to imagine how small they can be, small enough to find that even an ant would appear huge to them. This game encourages children to become closer to nature.

The leader should then pass out four to five foot lengths of string to the kids and ask them to lay the string across the ground somewhere in the very immediate area. The children should then be asked to imagine that the string is like a highway, so that suddenly mere blades of grass become towering forests and rocks can be imagined skyscrapers.

Each child should try to pick out about eight to ten different scenic highlights on his/her trail and then be prepared to give the others a guided tour along the child's' mini-adventure highway.

Number One Man

About 15 Medium to Grade A eggs.
No special ingredients are needed.

This game may be played if the group does not exceed fifteen, and if it is convenient to hike single file. The leader walks first, the others following in single file. The leader points to some plant or other object, turning to the first in line and asking its name or something about it. If the first person answers correctly, he/she retains his/her place as Number One Man; if not, he/she must go to the end of the line. Number Two is then given a chance to answer; if he/she fails, he/she goes to the end, and so on. The object is to be Number One Man as long as possible.

Note: It is not necessary to be a fourth year graduate from forestry school to play this game. Any information that can be shared about natural things is valuable. The fact that a leader can stir an interest in the natural world is great in itself.

All eggs may be used in this recipe.

Special Ingredients: Paper and Pencil for everyone.

Give each participant a pencil and paper. Have everyone remain silent for five minutes and write down all natural sounds heard during that period, such as running water, splashing fish, rustling leaves, etc. The winner is the one who records the greatest number.

Variation:

If competition is not desired, the leader may offer children the following suggestion: "Close your eyes and pretend you are blind. By listening carefully, you will discover many things which are missed by the eye."

After an appropriate length of time, children should discuss their own impressions and interpretations.

Nature Homes

All eggs may be included in this recipe (20).
No special ingredients are needed.

The natural world provides homes for a great number of animals, with the exception of man, who sees fit to build his own home, many times out of items not readily available from the natural world.

The leader asks the children to go out into the surrounding natural area to find some of the different homes of animals in the woods. Once found, each child should return with his/her account of the home to the group. Be sure to tell the children not to disturb the homes they find.

Once all of the kids return, have them go back into the woods and attempt to construct a minor home for themselves, incorporating some of the ideas they have just shared about some of the homes used by animals.

All eggs may be included in this recipe.
No special ingredients are needed.

Divide the group in two teams and line them up facing each other in two lines some ten or twelve feet apart. The back of each line is that team's base line. One team is known as True and the other as False. Make nature statements that may or may not be true, such as "Birds have teeth", "Bats have fur". If the statement is true, the true side chases the false side to its base line. Anyone caught enroute joins the true side. If the statement is false, the false side does the pursuing. At the end, the side with the most players wins. It is good to have the statements written out on a card in advance so that time is not taken up by thinking of questions during the game. Be sure everyone knows the correct answer before the next question is asked.

Here are a few suggestions:

(Con't.)

"Crows and Cranes"
(con't.)

Nature Statements:

A bat is blind. (F)

A hen protects her little chicks from hawks by swallowing them. (F)
Chickadees are here only in the winter. (F)

A barn swallow lines its nest with feathers. (T)

Racoons like to live near a stream, pond, or lake because they are thirsty animals. (F)

Grasshoppers have four wings. (T)

Toads lay their eggs in double rows in the water and their early days are spent as tadpoles. (T)

The calla lily and the skunk cabbage belong to the same family. (T)

A rabbit fights with its hind legs. (T)

Food Webs

All eggs may be included in this recipe. (No more than 12 per team)

Special Ingredients: One roll of string

One felt pen

Construction paper.

During this acclimatization session the leader attempts to show how everything in nature is related and interdependent. Of the 12 or so participants in the game, each should be designated as something in the natural world (designate with paper and pen).

Example:

Sun

Air

Water

Earth

Insect

Bird

Plant

Herbivores

Carnivores

Man

(Con't.)

Food Webs (con't.)

The game is played by all participants standing in a circle. One person begins by hanging on to the end of the string and then the roll is passed across to another person who has been designated as something the first person affects directly, or is directly affected by. The roll of string is then passed on in this manner to all members of the group.

Example: Sun can pass string to plants because the sun helps plants to grow.

Continue the game until a massive web is formed and then discuss nature's interdependence.

Any number of Medium to Grade A eggs.

Special Ingredients: Paper and pencil.

Purpose: To give students some opportunities for decision making, practice in problem solving and some insight into their own values and behavior.

Directions: Read each of the following problems to the participants and ask each person to come up with a solution. After a few minutes, ask them to share their ideas in turn, giving anyone the right to pass. If the group is too large, then split it into more manageable groups. It is often fun to ask the children if they would change any of their ideas after they have heard what others have had to say. The leader should also participate.

Procedure:

1. You have just been notified that the dam behind the town where you live has been badly damaged by lightning. The town must be evacuated. You have 45 minutes to select a suitcase full of personal possessions. (Your family and pets are safe, but your family has no household insurance.) What would you take?

(Con't.)

Emergency
(con't.)

2. Your group has decided to complete a 30 mile hike in one day. It is now late at night and raining. You are hungry, cold, and almost there. Suddenly your best friend whispers, "I'm not going any further and I don't care". Your best friend falls down and just lies there. Somehow the other kids sense it is a fake and start arguing. You think they might get violent in a minute. What would you do?
3. In a long-range test of human survival, you have volunteered to spend the next ten years of your life in an isolated Arctic outpost. For your efforts, you will be well paid and become famous. All your needs for food, warm clothing and shelter will be met. You will also have T.V., radio and movies available. You may take with you a single crate of personal possessions, not to exceed 100 lbs. (animals and people excluded). What would you take?

(con't.)

4. In an energy crisis, you have been instructed to eliminate the ten least useful appliances in your house. (Irons, snowblowers, dishwasher, clocks, T.V.'s, etc., are included.) List in order of least usefulness the things your family could do without.

Time: About twenty minutes for each problem with groups of about ten children.

Variations: Give the children emergency tasks such as: first-aid situations, flash floods, shelter erection, fire starting, etc.

The Electric Fence Game

Fifteen to twenty Medium-Grade A eggs.

Special Ingredients: Spool of string, 8' x 2' x 4' piece of wood or a log.

The initiative game is set up by stringing a line from three trees so that a triangular shape of sorts is made that is at about neck level of the tallest child in the group. The leader then asks all of the children to enter into the string triangle. He/she then passes the piece of wood to the participants.

It is then explained to the children that the trees and the area from the string to the ground are powerfully electric and that everyone inside the triangle must escape within a certain time period (usually 10-15 minutes) or else face electrocution. The 8' x 2' x 4' may be used but it should be explained that it is really not wood, but copper and wire. Therefore, if it touches the string or tree, it will conduce electricity and will zap any human hand touching it at the same time.

(con't.)

The Electric Fence
Game
(Con't.)

If in the act of leaving the triangle, the children touch the string or trees, they must enter it again and try to leave once more. In order to win the game, all participants must be out of the triangle within the designated time allowance.

Unless there is a very good high jumper in the group, the only possible way for all the children to get out of the triangle would be as follows. By using the two-by-four or log, held above the string by children already outside of the triangle, the final person might use the piece of wood to pull himself up and over. The two-by-four must be held at one of the corners of the triangle in order for this process to take place.

(con't.)

The Electric Fence
Game
(Con't.)

Variation: Electric Grid Game

Using a number of conductor two-by-fours and a large number of smaller one to two feet long two-by-fours (which are in fact insulators) the children are asked to cross an electrical field. By first throwing out the insulators and then laying the conductors across them, the children can safely cross the field. Anyone touching the ground or touching someone else who touches the ground must start at the beginning once again.

Twenty to thirty Grade A eggs.
No special ingredients are needed.

This is a potentially rough kind of game so it is better to play it with older children. To start off, the leader divides the group into two equally-sized teams; in numbers, in height, and in weight. One team then organizes itself into a strong support structure which is anchored to a tree. This structure is made by having everyone bend over and hang on to one another by the legs or hips. Make sure that everyone's heads are down and that the group is compacted lightly together.

The second team then removes its shoes and begins to jump, one at a time onto the exposed backs of the anchored team. Each time a new person jumps onto the backs of the other team, it yells "Buck, Buck".

The object of the game is to see how many people it takes to collapse the structure anchored to the tree. The team that can hold up the most people is the winning team.

Indian Stick Game

8-10 Grade A eggs.

Special Ingredients: 20 sticks (ten per team of four of five people),
two colorful stones.

This game is played with two teams sitting cross-legged facing one another about four feet apart. Each team lays their ten sticks in front of it. The game is played by one team at a time. The children begin passing a stone from one another behind their backs, so that the opposing team cannot see where the stone ends up going. After at least 15 seconds, a member of the opposing team may grunt loudly. This is a signal for the other team to quit passing their stone. At this point, the person who grunts must point out who is holding the stone. If he/she guesses correctly, his/her team gets one stick from the other team; if he/she is incorrect, he/she must give one of his/her sticks to the stone-passing team.

Each team alternates stone passing. No English words may be spoken, just Indian words or grunts. If an English word is said, the offending team must pass a stick to the other. The game is won after one team collects all 20 sticks or when one team has more sticks than another after a certain time period.

All eggs may be included in this recipe.
No special ingredients are needed.

Object: To attempt to get a group of seven children across a thirty-foot area using only four points of contact with the ground (more points may be used with younger groups).

Rules:

1. All seven children must start at the marked starting line and end at the finish line.
2. No props, (logs, wagons) may be used.
3. All seven students must be in contact with each other as they progress across the ground.

Note: A large group can be divided into many groups of seven. Have all the groups make the attempt simultaneously so they will discover solutions independently. This problem can also be done with five people on three points, etc.

The Ten Member Pyramid

All eggs may be included in this recipe.
No special ingredients are needed.

Object: To build a symmetrical pyramid with a group of ten children as quickly and as efficiently as possible.

- Rules:
1. Timing begins when the problem has been given and ends when the final person tops off the apex.
 2. The exercise should be done either on mats in the gym or outside on soft ground.
 3. Only a 4-3-2-1 person pyramid is considered symmetrical.

Note: The problem lends itself to good discussion about decision making, leadership and cooperative effort.

Variations: Once a symmetrical pyramid has been made, other shapes and combinations should be attempted.

All eggs may be used in this recipe.

Special Ingredients: Large sheet of plastic.

Object: To see how many children can get on the sheet (or platform) at one time.

Have the children step all aboard with the sheet spread large enough to fit all of them. After this is completed, fold the sheet in half and have them try it again. Continue to fold the sheet having the children attempting to fit everyone aboard.

*In order to be counted on the platform, a child must have both feet off the ground.

*The children must hold their pose at least five seconds.

Note: Theoretically, an unlimited number of children on the platform is possible. The exercise lends itself to good discussion about team effort, group and individual commitment, leadership, and group problem solving dynamics.

Reach for the Sky

All eggs may be included in this recipe.

Special Ingredients: Piece of chalk or tape.

Object:

Given a piece of chalk or tape, the group attempts to make a mark as high as possible on a wall or smooth tree trunk. The tape can be numbered if the groups are to be competitive.

All eggs may be included.
No special ingredients are needed.

This activity incorporates the use of senses when taking the children out on a nature hike. After walking for a time, pick out a spot off of your trail where the children can sit quite comfortably. Ask them to sit as quietly as possible, trying to pick out as many nature sounds as they can.

After a couple of minutes repeat the procedure, this time having the children cup their hands around their ears. Doing this, they should notice an increase in the volume of the sounds.

Discuss amongst the group the various sounds that were heard, then divide the group into sections with each choosing a sound to reproduce (eg. wind, birds, trees rustling). The leader becomes the conductor, and with a point of a finger can make the nature symphony sound in parts or as a whole.

Grokking - Meeting a Tree

All eggs may be included in this recipe.

Special Ingredients: Blindfolds

Pair up the children. Once the pairs have been formed, the leader makes up or elaborates on a story about Grok, an alien who made a visit to earth many years ago. Grok learned about our world through all of his senses with the exception of sight, for Grok did not have any eyes. The leader passes out Grokkings tools which are in fact, blindfolds.

Each pair receives one blindfold. The grokker (one who is blindfolded) is then led to a tree by the grokkee (his partner). The grokker then spends a couple of minutes getting to know his/her tree and is then, led back to the starting point by the grokkee. At this point the blindfold is removed, and the original grokker tries to go out and find his/her tree.

Once found, the roles of the players are switched. The children may want to talk about their experience as grokkers at the end of the game, and this should be encouraged by the leader.

Rainbow Chips

12 - 20 eggs of any size.

Special Ingredients: One bag of assorted colored paper.

The leader begins this activity with a story about how he/she once saw a beautiful rainbow that covered the sky. Somehow, it shattered into hundreds of pieces. Because that leader found the rainbow to be so beautiful, he/she decided to try and save some of the rainbow's beauty, so several of the chips were gathered up.

At this point, the leader produces a rainbow bag, and pulls out some of the rainbow chips. The children are then asked to take some of the chips from the bag, and to go out into the surrounding area to find colors in nature that match the colors of the rainbow chips.

Once they find all of their colors, the children may come back for more rainbow chips to match up.

Note: The leader may find the color schemes available at the local paint store, very helpful for the game.

Special Friends

All eggs may be used in this recipe (12 - 15).
No special ingredients are needed.

This is a very simple activity to do. Gather the children into a group so that they can all hear the leader. Ask them to think about a friend or relative who is special to them.

Once they have thought about their special friend instruct them to go out into the surrounding area and gather any piece of nature (preferably not living) that reminds them of their special friend.

Once they have found natural objects that reminds them of friends, they should bring them back to the entire group and be prepared to talk about their friends with the group. It may be beneficial for the leader to give an example of his nature friend prior to sending the children out to do the activity.

All eggs may be included in this recipe.
No special ingredients are needed.

Scavenger hunts give children a way to discover things about nature without needing any specific direction from the leader. The leader simply has to draw up a list of some of the kinds of things he/she wants from the natural world, and the children should discover the rest on their own.

Example of leader's list: Objects that are

- | | | | | |
|-----------|-----------|----------|-------------------|---------|
| - sharp | - pointed | - smooth | - red (any color) | - shiny |
| - dull | - cold | - fuzzy | - soft | - hard |
| - prickly | - noisy | - mushy | - wet/dry | |

Usually the list is about ten items long. Once all of the children have returned with their items, go through each one on the list, seeing the many different objects that may have been brought back.

Once the activity is completed, have the children return their items back to the natural world.

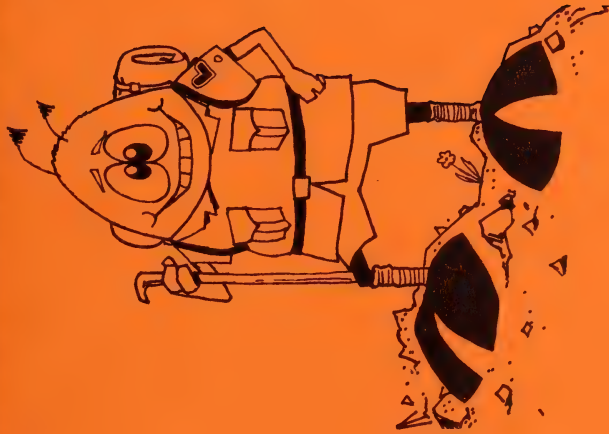
Water Walks

All eggs may be included in this recipe.

Special Ingredients: Rubber Boots (runners that can get wet)
Shorts.

Some things in nature greatly intrigue children. Water is one of those features. Whether it be a marsh, a bog, a slough, or perhaps a small creek, chances are that if it is in close proximity to your camp, the children will know about it even before you bring the subject up.

Since water may be present, there is absolutely no reason why one should not incorporate some kind of water hike into the outdoor program. Make the hike very flexible and let the children do a lot of exploring on their own. Chances are that back in a home situation children are told to stay out of water, so this is a real opportunity for the children to have some fun.



Camp-Wide Games



Camp Wide Games

These types of activities will involve all of the participants in your program. There may be instances where you find that the instructions for some of the games become tedious. Rather than worry over making sure the children understand all of the rules, play the games with a bare minimum of instructions initially, and later incorporate more of the specific tasks of the activities as the children learn the basics.

Since these games can incorporate participation by everyone, try to get all the children involved.

IMPORTANT
REFERENCE

FOR FURTHER CLARITY WITH REGARD TO THE "RECIPES" THAT FOLLOW,
CONSIDER THE FOLLOWING AS BASIC GUIDELINES IN THE PREPARATION
OF SUCCESSFUL GAMES.

- SMALL EGGS :REFERS TO EARLY CHILDHOOD PARTICIPANTS (5 - 8YRS.)
- MEDIUM SIZED EGGS :REFERS TO MIDDLE CHILDHOOD PARTICIPANTS(9 -11YRS.)
- GRADE A EGGS :REFERS TO LATER CHILDHOOD PARTICIPANTS (12-14YRS.)
- ALL EGGS :REFERS TO ACTIVITIES SUITABLE TO EVERYONE

All eggs may be used in this recipe.

Special Ingredients: One pennant.

This game can be used as an all-day activity; start in early morning, end at the close of the day.

Attach a brightly-colored pennant in plain sight to a centrally-located tree or one of the camp buildings. The leader whispers to each child "there's a spy in camp" and to one he adds "and you are the spy". No one else knows which player is thus designated. During the day, the spy must steal the horsetail or banner, and holding it in plain sight must make his get away. Usually a natural boundary--a river, a crossroads, etc.--is chosen in advance, and when the spy reaches this vantage point, he is safe.

(con't.)

Spy in Camp
(Con't.)

Should he/she steal the booty and get away entirely unobserved, hiding it when over the line and coming back to prove he/she has done so, the spy scores 15 points. If he/she gets away but is pursued and only barely escapes, he scores 10 points. If caught, he/she is 10 points "in the hole". When this and other games are played during a period of camping, and cabin group scores are kept, a penalty goes down against the record of the individual or his group.

The spy has from early morning to the end of the day to make his/her theft. There is ample opportunity for clever work in evading the other members of the party during the ordinary sports and duties of the day, and getting back unseen to the tent or tree where the booty hands. In the same way, all members of the party, now knowing the identity of the spy, must keep a sharp lookout. When any member disappears for some time, trace him/her as quickly as possible in case he/she has removed the party emblem.

Capture the Flag

All eggs may be included in this recipe.

Special Ingredients: boundary markers, flags, surveyor tape pieces or ribbons of two colors.

Divide the players into two teams. Give each team member a ribbon the color of his/her team to put in their belt at the back (at least 6" of ribbon must be showing). Designate an area with a boundary marked down the centre. Have each team choose a spot, within its area, to be its prison, have players assign a prison guard. Give each team a flag which it must hide somewhere within its boundaries.

The object of the game is for both teams to try to find and capture the other team's flag without having its ribbon snatched by an opposite team member.

(Con't.)

Capture the Flag
(con't.)

If a player is touched and his/her ribbon removed while in the opponent's side of the ground, he/she becomes a prisoner and must be taken into the opponent's prison until a player of his/her own side succeeds in crossing the baseline and thus freeing him/her. Both players are then granted a safe passage back to their own territory. Upon being freed, the prisoner should be given his/her ribbon back, and is allowed to continue playing again.

The game is won when:

- (i) a team captures all the opponents
- (ii) a team succeeds in capturing the other team's flag
- (iii) a team possesses more prisoners than the other team at the end of a given time length.

Octopus

All eggs may be used in this recipe.
Special Ingredients: Nerf ball.

An octopus needs an ocean, of course, so create one from a playing field with a goal at either end. Most of the players will start the game as fish, but one must volunteer to be the octopus, who is armed with a nerf ball. The object of the game is for the octopus to eat the poor little fish by tagging or hitting them with the ball, thereby growing awful tentacles so it can eat more fish.

The octopus roams the ocean while the rest of the fish gather behind one of the goal lines. The octopus then calls out, "Octopus, octopus, swim in my ocean!" At this command, the fish must swim (run, walk, hop, or whatever agreed upon) across the ocean to the opposite goal. If one is tagged or hit by the ball, he/she is frozen in place, facing the direction in which he/she was swimming. All tagged, the octopus again invites the fish to swim in his ocean. The fish can be tagged by the outstretched arms of the stationary tentacles, as well as by the roaming octopus.

(con't.)

Octopus
(Con't.)

After each round, as more fish get devoured, the octopus' tentacles multiply. When there are only a few fish survivors, you can prolong their lives a bit by having all the tentacles close their eyes, thus making it more difficult for them to snare their fish meal.

The end is inevitable - one giant octopus fills the ocean with his slimy, sucker-covered writhing tentacles, and devours the few fish survivors.

Indian Flag Tag

All eggs may be included in this recipe.

Special Ingredients: Lots of flagging tape (two-three rolls).

Break flagging tape off into pieces approximately one foot in length. Every participant should receive two pieces of flagging tape. Everyone must tuck one piece into the back of their shorts or pants with at least six inches showing.

The group is then divided up into four Indian tribes. With the second piece of flagging tape, each tribe will be designated according to where their piece of tape is placed.

Example: 1. Headband
2. Armband
3. Waistband
4. Leg band

(con't.)

Indian Flag Tag (Con't.)

Once everyone has their flags in place, the massive tag game begins. If someone from one tribe pulls the pant flag from someone of another tribe, the caught person must change his/her tribal allegiance. For example, if a person pulls out the pant flag and that person's allegiance is wearing a waist band, he/she would then change the waist band to the tagger's allegiance. The person then would get the flag back for his/her pants and would be able to join into the game again.

The object of the game is to try and get everyone into one tribe. The tribe with the most Indians at the end of the game is the winner.

All eggs may be used in this recipe.
No special ingredients are needed.

The blob begins innocently enough as a mere individual playing a game of tag. As soon as the blob catches someone, that person joins hands becoming part of the blob. They both set out, hand in hand, in search of victims. Everyone the blob catches (only the outside hand on either end of the blob can snatch at players) joins hands with it and becomes part of the lengthening protoplasmic chain. Thus the insidious blob keeps growing. It moves around the field, cornering stray runners and forcing them to join up. (You'll have to agree on boundaries for this game.)

Moreover, the blob can split itself into parts and, with its superior communal intelligence, organize raiding parties on the lone few who have managed to escape. The thrilling climax occurs when there's only one player left to put up a heroic last-ditch stand on behalf of humanity.

Food Scrambles

All eggs may be included in this recipe.

Special Ingredients: peanuts, caramels, jelly beans, smarties, etc.

If part of your programme includes providing a treat or special foods for the children, you may be able to make the snack time a type of game, which makes eating all the more fun.

Simply throwing the snacks and letting the children scramble for them may be one method you choose, or one might simply pile the food at one end of the field and let the children race for it from the other end.

The variations and formats you may want to choose are endless, as are the types of snacks you may want the children to be eating.

Caution: Always keep extra snacks out of the game for possible times when some children end up with no food during the activity or scramble.

Sardines

All eggs may be included in this recipe.
No special ingredients are necessary.

Sardines is a hide-and-seek game that varies from the traditional one where everyone goes out to hide and one person searches for them. In sardines, one person goes out to hide and everyone tries to find him/her. Once they do they do not shout and scream "I've found him/her, I've found him/her," rather, they simply snuggle in beside the hidden person and wait for more searchers to come. Eventually, all of the participants will be found in one spot all huddled together just like sardines in a tin. At this point, the game is over. Depending on the kids you have at your park, you may be able to play this game two or three times consecutively.

Capture the Counselor

All eggs may be included in this recipe.
No special ingredients are needed.

This is a very simple wide game which directly involves the participation of the leader, but allows for that leader to relax at the same time. The participants should be asked to form a massive huddle. Once positioned, they should close their eyes and count to one hundred. Designate an older child to supervise this procedure. As the children begin to count to one hundred, the leader(s) scramble(s) to a fairly secure hiding place, one which the children should only be able to find after 20 or so minutes of searching. The leader must stay within the designated boundaries and if necessary, make some small noises if the children appear to have difficulty in finding their target.

Having to find a leader rather than a fellow participant provides for a much stronger motivation for the children to become involved in the game.

Shoe Scramble

All eggs may be included in this recipe.

Special Ingredients: One roll of string.

The string is used to designate a large circle outside of which all the participants must stand. The leader then asks everyone to remove their shoes and socks and toss them into the centre of the circle. Once all of the shoes are in the centre, the leader should ask everyone to find a partner.

At the start signal, everyone must scramble into the centre of the circle, find their partner's shoes, place them on his/her feet and then exit the circle together. The first team out of the circle is the winner.

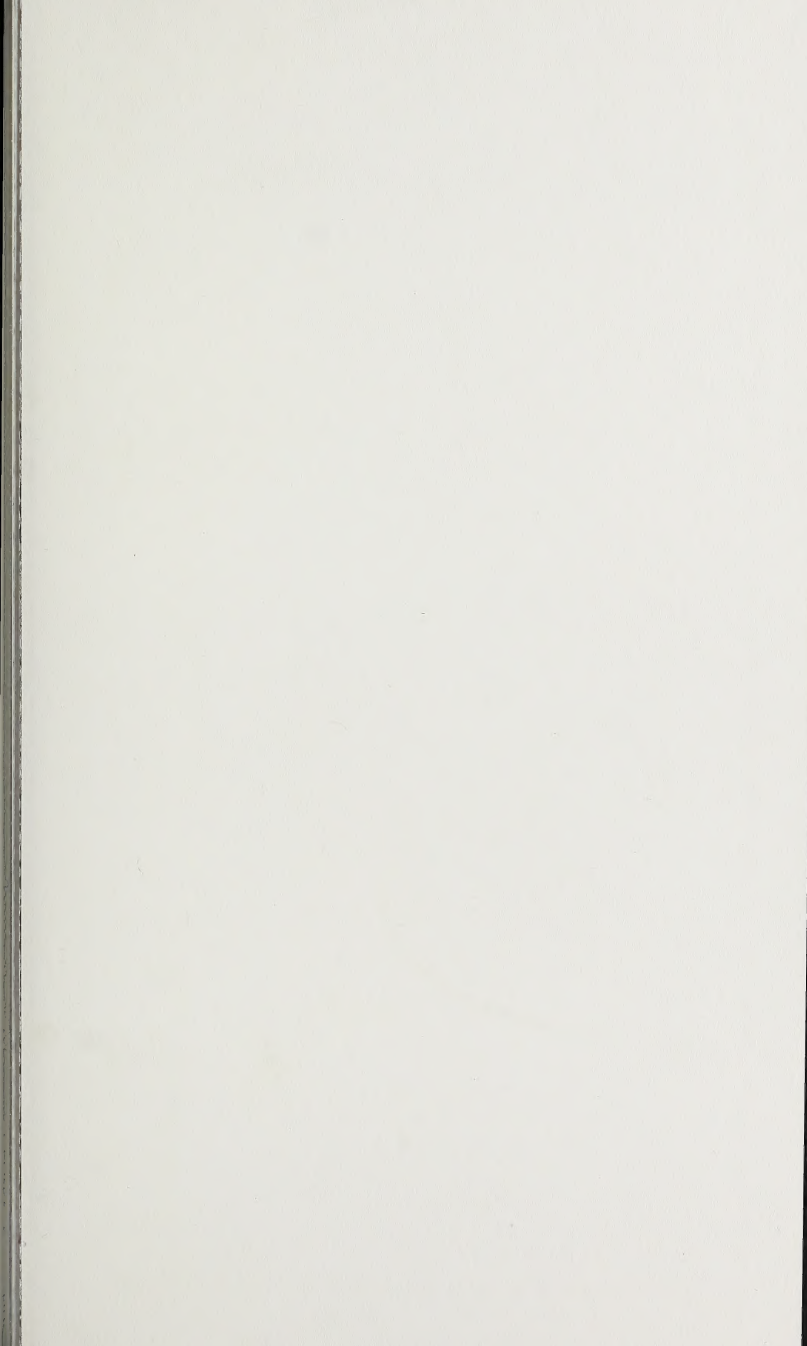
STANDARD FORM NO. 64

OFFICE OF THE
DIRECTOR

THE BOARD OF DIRECTORS OF THE UNITED STATES OF AMERICA
HAS THE HONOR TO ACKNOWLEDGE THE RECEIPT OF THE
CHECK OF \$100.00 FOR THE YEAR 1964.

THE BOARD OF DIRECTORS OF THE UNITED STATES OF AMERICA
HAS THE HONOR TO ACKNOWLEDGE THE RECEIPT OF THE
CHECK OF \$100.00 FOR THE YEAR 1964.

THE BOARD OF DIRECTORS OF THE UNITED STATES OF AMERICA
HAS THE HONOR TO ACKNOWLEDGE THE RECEIPT OF THE
CHECK OF \$100.00 FOR THE YEAR 1964.



N.L.C. - B.N.C.



3 3286 05336163 6

Alberta

RECREATION AND PARKS

Recreation Development Division